

SPOKE

Conestoga College, Kitchener

October 29, 2001

What's Inside



Alumni nominated for Premier's Awards.

PAGE 3



Sales in bar up over last year.

PAGE 9



Educator has varied styles in teaching.

PAGE 12

COMMENTARY
Anthrax scare in the media
PAGE 4

Biz Bash a big success

By Nicole Childs

The annual Biz Bash held by the Conestoga Student Business Association Oct. 18 at Stages nightclub was a great success.

When you walked in the door of Stages you handed in your ticket and were given either a nut or a bolt. In my case it was a nut. Later I searched for the person with my matching bolt while everyone else wandered around seeking his or her match. My counterpart seemed to be hiding.

The master of ceremonies was Mike Marshall from 103.5 who greeted you and placed a lei over your head.

Contests for the night included the Nutz and Boltz contest where guys got a bolt and girls got a nut and they had to find their match, the fake orgasm contest in which three girls got up on stage and exaggeratedly moaned their hearts out in order to win a T-shirt, the air-guitar contest and the bump 'n' grind contest.

Marshall handed out prizes to winners and even to some who shouldn't have received anything. By the end of the night I had a bottle cap opener, a lei and a candy necklace, which I snacked on during the bash.

Many of the participants were pleased with the biz bash but there were some who felt the theme could have been better publicized.

One such person was Brad



Donny Brava, a second-year marketing student at Conestoga College, shows off his new hairstyle at the Biz Bash held at Stages nightclub on Oct. 18.

(Photo by Nicole Childs)

Ceballo, a first-year computer programming analyst student, who said he was having a good time but was a little confused about the theme of the party. "I think they should make it more clear, I didn't know there

was a theme," said Ceballo.

There also seemed to be a little confusion over the nuts and bolts. I realized this when guys started asking if I had a bolt because they too were given nuts. Others looked at

me funny when I asked if my nut fit on their bolt.

Conestoga Student Business Association (CBSA) promotions manager Graham Whitley said the game was an attempt to get people out and meeting other people. Attendants at the door handing out the nuts and bolts were instructed to give different shapes and sizes to groups that came in regardless of sex so they would have to circulate to find their match.

Whitley was impressed with the way the event went and pleased with the turnout.

He said that CBSA would continue to use creative themes for its events like the Nutz and Boltz theme. "It's a good excuse to go up to people you wouldn't normally go up to," said Whitley.

He also said that he thought the event was well promoted with flyers everywhere, an article in Spoke, radio announcements and word of mouth.

Whitley said the only thing he would have changed about the event was the timing.

He thought it could have had a better turnout if it were earlier in the year around frosh time and not so close to mid-terms.

CBSA tries to co-ordinate its activities with Conestoga Students Inc. to prevent overlapping events.

Although it took me a long time I finally found my match and won a key chain which made the whole search worthwhile.

Tim Hortons will replace Roasters at Doon

By Shannon McBride

In the next six weeks Conestoga College will welcome a Canadian icon to Doon Campus. His name: Tim Horton.

No, we are not bringing the famous hockey player back from the dead.

We are simply building a doughnut shop in his honour. That's right! Tim Hortons is coming to Conestoga.

The well-known coffee shop will replace Roasters, currently located inside Door 4.

The shop will be operated from the Homer Watson Boulevard "mother store".

If things go as planned, we'll be guzzling coffee and eating Timbits in about four weeks.

According to John Kast, food service director of Chartwells, the college's food service provider, the coffee shop will be in full swing before Christmas.

Negotiations for the change have been going on for a year, but Kast said the implementation stage is close.

Kast said Tim Hortons has been an important step for food services.

"Though the students enjoy the house brand, they recognize Tim Hortons. It's a brand that they like,"

"The hours of any on-campus coffee shop will depend on supply and demand."

John Kast,
food service director

he said.

Kast said the decision came with a lot of student consultation. Key Performance Indicator surveys showed a high approval of the decision. Kast said Conestoga Students Inc. also endorsed the switch.

Competition from Tim Hortons

will create a shift in business for Chartwells, but Kast said they want to provide a service that students will like.

"If the customers are happy, we are happy," he said.

But the new brand is probably not the only thing that students will like about the new coffee shop. Roasters is mostly a self-serve set-up.

Only things like specialty cappuccinos are served by employees. At the new Tim Hortons, students will have their every craving handed to them by new employees hired by the franchise.

Rick Doktor, owner of the new franchise, said he might hire some Conestoga students to work at the new Tim Hortons.

Current Roasters employees will work in the main cafeteria after the switch.

Though Tim Hortons may take business away from Chartwells' coffee and baked goods, the com-

petition will end there.

No soup and sandwich deals will be brought on campus.

Kast said Chartwells will encourage Tim Hortons to keep longer hours than Roasters has, but he admits that new hours will depend on how busy the shop is.

"The hours of any on-campus coffee shop will depend on supply and demand," Kast said.

Doktor agreed, stating that opening on Saturdays and Sundays will be optional and will depend on business. He plans to operate from 7:30 a.m. to 9 p.m. from Monday to Thursday and 7:30 a.m. to 4 p.m. on Fridays.

Chartwells will give students a week's notice before Roasters closes. Roasters will relocate to the main cafeteria temporarily while new plumbing and electricity are installed in the old location.

Kast said the new Tim Hortons should open about three weeks later.

College's polytechnic goal has mixed reaction

By Sanja Glibota

Conestoga College is hoping to obtain polytechnic status and undergo one of the biggest changes in the college's history.

The quest is in response to the demand by local industries for higher skilled labour, especially within the automated manufacturing and information technology sector.

About 95 per cent of college graduates stay within the local community, compared to only 20 per cent of university graduates.

Still, some of the biggest employers in the region are only hiring students who have degrees.

The problem doesn't seem to be the quality of college education, but its recognition among local employers.

Mike Harris, the college student governor with the board of governors, used Toyota as an example. "Toyota Manufacturing, a huge employer in the area, wants to hire Conestoga students, but the company policy states it can only hire students that have a degree."

The college, as a polytechnic

institute, would offer more applied degree programs. But confusion lies primarily in the definition of a polytechnic institute and the criteria the college has to meet to obtain the status.

"That's a funny thing about polytechnic. It is not really cut and defined yet," said Harris. "There are several colleges in Ontario who want to offer it, but each may have a different definition of what polytechnic is."

Jon Olinski, president of Conestoga Students Inc., shared Harris's opinion.

"From what has been explained to me by the college, by the representatives of the government and by credential lobbying organizations, they all have different opinions on what polytechnic is," he said. "I think it is just a college with a different name."

Olinski also said the Ontario Community College Student Parliamentary Association has a concern regarding criteria set for the college to become a polytechnic institute and its effects on other colleges in Ontario.

"It is hard, provincially, when we see what could potentially happen to the college system, to support something without criteria and no end result," said Olinski. "We don't know enough about it and we're scared."

But Harris said college administration is carefully planning the change so that the college's main purpose, which is to serve the local community, is maintained.

"As a governor, I wouldn't like to see us stray away from our roots. We have to maintain our core curriculum," he said.

The college's biggest barrier in meeting the needs of local industries for higher skilled labour seems to be funding.

"Even though this is the most exciting time in history for community colleges, funding must be resolved," said Conestoga College President John Tibbits during the televised Municipal Insight show on Oct. 13. "This issue has been present for almost a decade."

He also said funding for the college has been gradually cut from about \$6,000 to \$3,150 per student.

Humber College President Robert Gordon said during the telecast: "We see in the papers all the time how the economy of Canada would grow more if we had an appropriate labour. But, if we don't invest in it, we can't meet the needs."

Colleges are primarily funded by student tuition fees.

"The real reason our college started competing with universities even before the applied degrees came into existence was funding," said Olinski. "The more people you get, the more funding you have to operate the school."

He also explained that he and many students chose the college over university because of the lower cost of education. "I moved out of my house at 18 and I could not afford to go to university."

"Will this (polytechnic status) mean more money for the college?" Olinski said. "We think, absolutely not. The government has not said that. All we can do is assume that if there is more degree programs, then tuition will increase."

Harris agreed that accessibility and cost is an issue, but he expressed optimism.

"Last year we didn't get money for the Superbuild in the first round, but we did in the second," he said. "We are going to put 100 per cent into polytechnic."

He said college education has been undervalued for years and it is time for change.

"With the polytechnic status, the government will recognize that colleges provide something really important in their communities and contribute to the big picture. And it is about time. We are not a second class."

Olinski said the college administration and the CSI board of directors would try, in mutual efforts, to find the answers to the questions regarding the polytechnic status at the next board meeting on Oct. 30.

"I would especially encourage first-year students to attend the meeting because if this goes through, there is a very good chance they will be effected while they're still in Conestoga."

Winter wear



Adrian Townsend, a first-year robotics and automation student, shivers outside Conestoga College on Oct. 17.

(Photo by Kathleen Deschamps)

Board of directors investigates high cost of Interac charges

By Sanja Glibota

Conestoga Students Inc.'s board of directors unanimously decided to investigate the legality of charging fees for Interac service in the cafeteria at its Oct. 16 meeting.

If the charges of 20 cents per transaction and additional \$1.20 for a cash-back transaction are found illegal, the board will ask the college to stop charging students.

"I always thought it was illegal, but we should get a professional opinion," said Francesco Robles, a new board member who brought the issue to the board's attention.

"And if it is illegal, we have to stop it."

Vicky Thornley, a new board member who represents preparatory studies, was chosen to lead the investigation. She will bring the results of her research, supported by the proper documentation, to the board's next meeting on Oct. 30.

Thornley was also elected chair of the board at the meeting. After both Thornley and Robles received the same number of votes, Robles withdrew his nomination.

"I'll be able to handle the responsibilities. I'm in nursing," Thornley said.

Executive members of the board also introduced the six new members to the CSI's financial reports for 2000 and 2001.

Tim Southern, manager of the board of directors and the guest speaker at the meeting, warned the new members that the task in front of them might not be easy.

"You may pay the sins of the past boards," he said. "The financial management historically hasn't been done well. In the past, one group would commit to lower the expenses, but some other group wouldn't follow the commitment. All of a sud-

den, there was no money left."

Most of the CSI revenue comes from student fees. Due to the increase in the number of students at the college, the funds for the operation of the group increased this year.

Executive members have tried to lower the operating costs and correct the mistakes of the past boards by producing student planners at a lower cost, cutting the cost of entertainment and negotiating the leases on the photocopyers.

After careful review of the financial statements from the past five years, the executive members discovered the loss of about \$35,000 due to entertainment expenses.

For example, due to poor attendance, last year's opening concert left the CSI with a loss of \$8,700.

To lower costs and avoid losses, the board decided not to hold the traditional opening week concert this year.

Instead, the CSI introduced more events, entertainers and bus trips.

As a result, expenses for entertainment decreased from \$182,719 in 2000, to \$172,878 in 2001.

This year, the CSI executive also found a cheaper way to produce the student planners.

The cost of producing the planner last year was \$5.31 per copy. This year, however, the cost was lowered to \$3.40 per copy. The secret was in finding a new supplier and using only one colour.

The board further decreased the cost of planners by using a different method of distribution.

In the past, one copy was given to every student in the registration kits, but the CSI calculated that only about 60 per cent of the student body actually used them.

This year, planners were available for students at the CSI office and they were also distributed at the Pond

Party at the beginning of the school year.

As a result of the changes, the cost was lowered by approximately \$3,000 to \$4,000.

After studying the past years' financial reports, the CSI also noticed a loss of about \$4,000 a year caused by the cost of the lease on the photocopyers.

But after trying to renegotiate the leases, the CSI learned rewriting the leases would only increase the costs and decided to wait until the lease expires in 2003. The CSI will then buy new photocopyers.

Operating costs were lowered through a reorganization of the office. Janie Renwick, administrative assistant with CSI, took on book-keeping duties.

New board members were also given a Superbuild update.

The total grant provided by the provincial government for the new building on the campus was \$14 million.

The building, expected to be completed at the beginning of August 2001, will accommodate 1,400 to 1,500 students. It will consist of 39 classrooms, four faculty offices and one faculty lounge, a cafeteria for 140 to 160 people, amphitheatre that will accommodate about 150 students, and washrooms on every floor.

Jon Olinski, the CSI president, said the college wanted to make the new wing as big as possible, but it had to stay within the approved budget.

"The college does an excellent job on cutting the cost down," said Olinski.

He didn't know which programs would be in the new wing.

The meeting ended with the approval of a suggestion by Riz Jamal, to invite college administration representatives to discuss polytechnics at the next meeting.



FLU SHOT CLINICS

Free To All Students and Staff

Health Card is Mandatory

October 29-November 2 (Monday to Friday)

8:30 a.m. - 3:30 p.m.

Room 1B-25 (across from the Sanctuary)

Conestoga alumni nominated for awards

By Mike Metzger

When most students at Conestoga College walk down the halls, they don't realize that the people they see around them may go on to do extraordinary things in their field and for their community. If it weren't for the annual Premier's Awards, most students would never know the accomplishments of their peers.

The Premier's Awards were established 10 years ago by then Premier of Ontario Bob Rae. They are given every year in February at a gala banquet in conjunction with the Association of Colleges of Applied Arts and Technology of Ontario.

Some of the criteria for the Premier's Awards include: career achievement, contribution to society or community, other awards and accomplishments, professional or community recognition, and how their college education has contributed to their success. According to alumni services officer Monica Himmelman, nominating alumni is a year-long process.

"I have my antenna out all the time," Himmelman said. "I make a huge point to network with faculty. I'm banging at their doors asking for names."

Once names are gathered, Himmelman does profiles on each

nominee and gives them to a selection committee. Each college in Ontario may nominate six people — one for each school of study. The winner of each category receives a plaque and \$5,000, which they can dedicate to the college and program of their choice.

This year's nominees for Conestoga College are Neil Trifunovich, Emmanuel (Mike) Katsirdakis, and Kimberly Iezzi.

Trifunovich is the president of Northern Effects Limited and has worked with some of the most famous actors in Hollywood such as Marlon Brando, Robert Redford, Mel Gibson, Al Pacino, and Robert DeNiro. He graduated from Conestoga College's broadcasting — radio and television program in 1977. He worked for the special effects department at CBC-TV in Toronto and eventually embarked on a freelance special effects career. In 1985, Trifunovich started work as supervisor of special effects operations in the feature film industry. In working on Shanghai Noon, he was responsible for scheduling and co-ordinating a crew of 40 people, and supervising a budget of \$2 million.

Trifunovich has done more than 45 feature films and 200 television commercials and is a voting member of the Academy of Motion Picture Arts and Sciences

in Hollywood.

Emmanuel (Mike) Katsirdakis graduated from Conestoga College's electrical engineering technology program in 1977. He founded Katlyn Systems in Waterloo in 1982. The company specialized in automated warehousing. In 1992, Katlyn Systems moved into the air cargo industry. Katsirdakis has done projects for Air Canada at Pearson International Airport and is currently working on a project for Japan Airlines at JFK airport in New York.

Katsirdakis is also a former member of the Laurentian Hill Christian School Board, is a radio host for CRWR, and a member of the Greek School Association.

A graduate of Conestoga College's social services program in 1995, Kimberly Iezzi currently holds four positions in Guelph: a support counsellor for Guelph-Wellington Women in Crisis, community radio operations co-ordinator of CFRU-FM, an addictions counsellor at Stonehenge, and a child protection worker at Family and Children's Services. Iezzi is active with Oxfam and has worked in Cuba on projects associated with housing and farming co-operatives. She has also participated in a house-building project in El Salvador.



Alumni services officer Monica Himmelman holds up pictures of this year's and last year's nominees for the Premier's Awards.

(Photo by Mike Metzger)

Iezzi credits Conestoga College with giving her the skills she needed to achieve her goals.

"The faculty at the college inspired and encouraged me to pursue my education, but also instilled many valuable skills," Iezzi said.

"The combination of passion, theory, and hands-on skills which I learned at Conestoga College are with me today as I continue to learn and grow in a career which I love."

The 2001 Premier's Awards will take place on Feb. 18 in London.

Conestoga students win trip to conference in San Antonio

By Nicole Childs

Jaymie Berry and Perian Snider, materials management students at Conestoga College, have been selected to attend an international conference in San Antonio, Tex. Oct. 27 funded by APICS and Conestoga Business Students Association.

Berry and Snider, members of the student chapter of APICS, were both excited to be attending the Exploring New Frontiers with APICS conference.

In order to be selected each had to write a short entry on why they thought they should be chosen to go.

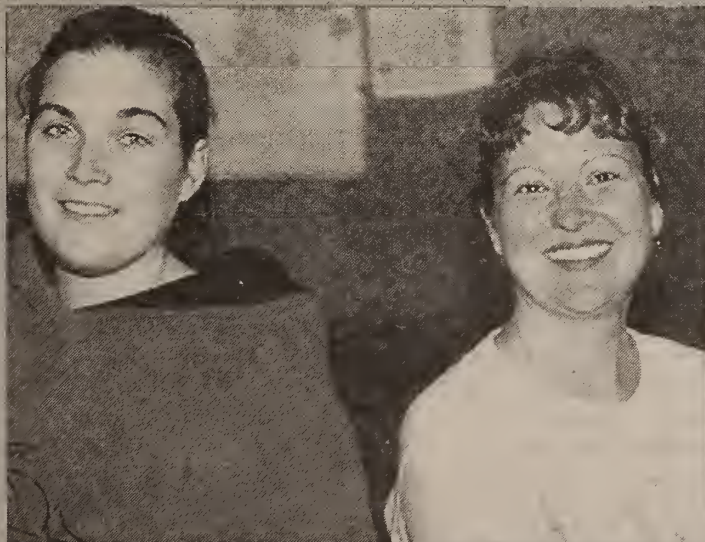
APICS, the educational society for resource management, is a non-profit organization that is dedicated to providing learning opportunities in support of the effective use of resources in the manufacturing and service industries.

Snider is president of the APICS Ontario Grand Valley District affiliated student chapter and Berry is the vice-president of finance.

According to Snider, Conestoga's APICS student chapter is the largest in the world with 90 members.

"It's going to be a great networking experience and opportunity for growth and professional development," Berry said of the conference.

They were surprised to find out that they would both be attending the conference.



Jaymie Berry (left) and Perian Snider have been selected to attend the Exploring New Frontiers with APICS conference in San Antonio, Tex. from Oct. 27 to 31. (Photo by Nicole Childs)

Snider and Berry arrived in San Antonio Oct. 27 and will attend the conference until Oct. 31.

The conference will feature sessions with industry experts and activities and workshops. Senator Bob Dole will be in attendance as well as many other internationally acclaimed people from APICS.

Berry and Snider said that the conferences are applicable to what they are learning now so it will help with their school work.

They will also have to work at the conference as monitors, liaison speakers or help as sound crew or comment cards collectors.

Both don't mind working because it gives them a chance to listen to other speakers and their seats are guaranteed.

They are looking forward to two sessions in particular, the theory of constraints thinking process seminar and the necessary but not sufficient seminar.

Berry and Snider hope that when they get back they can make a speech at the Ontario Grand Valley District parent chapter to share their experience.

Snider also shared a \$1,000 scholarship from the Purchasing Management Association of Canada.

Official results of ratification vote released by union

By Reni Nicholson

Teachers at all 25 Ontario colleges voted overwhelmingly in favour of a new contract that will see them through until Aug. 31, 2002.

The Ontario Public Service Employees Union and the Ontario Council of Regents' tentative agreement was approved by about 95 per cent of Ontario's college teachers in the ratification vote held Sept. 26. The official results were released on the OPSEU Web site Oct. 11.

"A contract is a living document which requires constant revision..."

*Walter Boettger,
OPSEU representative for
Conestoga College*

Teachers at Conestoga College voted 92 per cent in favour of the contract. Conestoga, Local 237, had 179 ballots cast with 163 in acceptance of the contract and two spoiled. Sixty per cent of academic employees eligible to vote exercised their right.

Voting booths at each college were supervised by the Ontario College Relations Commission who reported no problems with ballots.

Walter Boettger, OPSEU representative for Conestoga College, said college faculty has had much praise for the bargaining teams.

"A contract is a living document which requires continuous revision," said Boettger about the possibility of any foreseeable problems. But, he said, the contract is a good one and that there has been no dissatisfaction so far.

The two-year contract increased teacher's salaries by three per cent Sept. 1, 2001. Another two per cent Sept. 1, 2002 and one per cent April 1, 2003 will be added to their pay. Those faculty members who have been on the top step of the 20-step income scale for at least one year will receive a bonus \$700 "recognition allowance" added to their pay. This additional benefit affects about one-third of teachers at Ontario colleges.

Benefits for the new contract came into effect Oct. 1 with dental and hearing coverage taking huge leaps to profit faculty.

Orthodontic dental care will go to \$2,500 from \$2,000 per lifetime and crowns and bridges have a \$2,000 annual maximum, apart from other dental work.

Hearing aid coverage will go from \$300 every five years to \$3,000 every three years.

Freedom attacked

The anthrax attacks in the United States so far haven't targeted citizens, but they are being used as a warning.

The recent anthrax attacks on American Media Inc. in Florida, NBC and CBS stations in New York City and a Microsoft office in Nevada revealed positive traces of anthrax.

Targeting major media outlets across the country, terrorists, whether or not connected with the Sept. 11 attacks on New York City and Washington, are making noise and everyone's listening.

The FBI is investigating the anthrax cases and trying to determine if the attacks are tied to Afghanistan's ruling Taliban regime.

The Taliban would have lots of reasons for attacking the U.S. media, the main one being they believe American news reporting is biased. They are also used to controlling the news. With only one permitted national-broadcasting radio station in Afghanistan, the Radio Voice of Shari'ah has been restricted since the Taliban came into power. This restriction is used by the Taliban to control what its people hear.

Al Jazeera, an Arabic satellite network based in the state of Qatar, is the only television station that broadcasts in Afghanistan. In a country backed by leadership that discourages freedom of speech, since 1996 Al Jazeera, the 24-hour network, has become the CNN or BBC of the Arab world, airing uncensored information free for viewer interpretation.

In a BBC News country profile on Afghanistan, it stated the Taliban has banned most TV because it considers it a source of moral corruption and regards music as suspect.

Soon after the Taliban's takeover, Afghani media fled to neighbouring countries in order to continue to broadcast and operate radio stations and Internet-based news services. Publishers of other magazines and newspapers, including anti-Taliban publications, stationed themselves on the Pakistan border and in the adjacent country of Iran.

Al Jazeera is not the "propaganda network" that many have assumed it to be. It is funded by the ruler of Qadar and not by the Taliban. It plays a large part in a democracy-building effort in a country dominated by censorship and restrictions.

The Taliban would favour an assault to diminish free speech in the Western world, because they are upset over the loss of control of where the approximately 26 million Afghanistan citizens get their news.

The anthrax attacks are not meant for all Americans, but strictly for those who speak against the Taliban. Prominent figures are sole recipients of the attacks, not average Americans.

Scary? Yes. But, these scares are targeted, for the most part, at well-known media personalities because of their significant role in portraying the Taliban's immoral system and way of life.

Media will continue to feel the harsh effects of the terrorist attacks as long as they continue to report what the Taliban see as unjust and biased reporting on the situation in the Middle East.

However, if any one side can be seen as biased and corrupted, it's their side. At least in the U.S. freedom of speech is not only allowed, but it is guaranteed by the constitution.

Only recently has the repression of free speech been challenged with the Al Jazeera network. Being the only television network in the country and also being a part of the Taliban's religion, Al Jazeera is less likely to be attacked because such acts would contradict the aim of the Taliban's mission reign in an Islamic world. The Taliban wants to show the world, through Afghanistan's own reporting network, the destruction it's endured from U.S. attacks and the power it continues to hold.

With hundreds of newspapers, magazines and television and radio stations available to Americans, they are able to receive, digest and interpret what they will from the news they get. But, that's not the case in Afghanistan and therefore, the American way of life is being harmed because they practise opposing traditions and beliefs.

The attacks are scary, but in the end free speech will prevail and Americans will continue to watch CNN and get their information from national newspapers.

Are you sure ordering 600 of those costumes was a wise business move?



In pursuit of the truth

We are not paparazzi.

We are neither hacks nor blood-thirsty scoop-mongers. We are your friends and neighbours, your nieces and nephews.

We are journalists.

And right now it is an unsafe time to be one.

Of course, "safe" is now a relative term, given the state of world affairs. But it is an especially troubling time to be a journalist.

With the outbreaks of anthrax in the United States over the past few weeks, everyone is rightfully worried about the bio-menace, and its possible spread.

But the infected letters have almost exclusively been mailed to media outlets of all types in America. A shipping centre of a local tabloid in Florida has seen seven of its employees infected with the disease. The first infected man, a photo editor, has died because of the disease.

But whoever is sending the letters didn't stop at sending them to local tabloids. The New York Times, NBC news in New York, even Microsoft, the Goliath of American entrepreneurial spirit, has not been left untainted. The attacks, for that is surely what they are, have put this continent on an even greater level of fear and panic than the



Paul Kostal

attacks of Sept. 11 did.

As horrific and terrifying as that day was, it is the silent assassin, the one that creeps up on you, that is most feared; and in these anthrax mailings, that's what we have.

It is not yet known who is behind these mailings, but it is clear that they are at least somehow related to the attacks on Sept. 11.

It is possible that Osama bin Laden is behind this new wave of terror as well, but it is also possible that someone else, inspired by the horrors of a month ago, has launched their own campaign of terror against America.

Where the attacks of Sept. 11 were against the symbols of American wealth and power, this new wave seems to be aimed at the very rights that the western world was founded upon, the rights to say and think what we want.

By attempting to shut down the news industry with these attacks, whoever is behind this is attempting to shut down all that is America and the western world.

What the attackers have failed to

realize is that journalists are a hardened bunch. We have a sort of agreement with life. Much like, but not to the same extent as, police officers and firefighters, journalists are at the scene of the crime, at the accident, at the disaster, out in the bad weather, when we probably shouldn't be.

We are aware that at any time the dangers we face could very well be the end of us, and we accept that, in order to bring you, the sometimes ungrateful listener, reader and viewer, the news, the pictures and the truth.

The mailings of a few letters to news bureaus and agencies will not deter people who have been shot at, people who have faced tornadoes, people who have stared down violent riots and protests.

I may be just a student, but I think I speak for all journalists when I say, our resolve will only strengthen.

Kill a co-worker and we will grieve, but we will not stop seeking the truth. We will not stop bringing you, the reader, listener and viewer, the facts so that you can make your own informed opinions.

Every article written, every picture taken, every news package aired will echo with the defiance of our pursuit of the truth.

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

Editor: Reni Nicholson; Online Editor: Jody Andruszkiewicz

Production and Advertising Manager: Paul Kostal

Photo Editor and Circulation Manager: Sanja Glibota

Faculty Supervisor and Adviser: Christina Jonas

SPOKE's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691 Web site: www.conestogac.on.ca/spoke Fax: 748-3534 E-mail: spoke@conestogac.on.ca

SPOKE is mainly funded from September to May by a payment from Conestoga Students Inc. (CSI) in exchange for the insertion of advertising in the paper. The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the CSI. Advertisers in SPOKE are not endorsed by the CSI unless their advertisements contain the CSI logo. SPOKE shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Unsolicited submissions must be sent to the editor by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and should be clearly written or typed; a MS Word file would be helpful. Submissions must not contain any libelous statements and may be accompanied by an illustration (such as a photograph).

Starmystical.com a real trick or treat

Halloween is perfect time to visit the Web site and the land of paranormal

This column appears weekly and focuses on fun and informative Web sites of interest to the students and staff at Conestoga College.

With Halloween only days away there is no better time to plunge into the land of the paranormal by visiting StarMystical.com.

StarMystical.com originally appeared as Starlight's Horror Dimension in 1998 as a site devoted entirely to Halloween.

Since that time it has evolved into a site dealing with anything supernatural or mystical.

The layout and design of the site is quite good.

It avoids the clichéd dripping blood and rotting corpses that appear on so many Halloween or horror Web sites.

One of the best areas on the site is the annual Halloween contest.

Web surfers are encouraged to send in pictures of themselves in



Mark Hulet

costume by Nov. 15. There are three cash prizes available to be won.

If you don't have a scanner but you want to be involved in the fun, you can help judge the best

costumes.

All you have to do is fill out a short questionnaire.

Judges also receive a thank-you "goodie bag" in the mail afterwards.

In another area, StarMystical.com has descriptions of different Halloween costume ideas for those of you out there that are stuck for an idea.

It mainly deals with different kinds of vampire outfits such as the colonial vampire, Elvira or Lugosi's Dracula.

You can also choose from a traditional witch costume or the Wicked Witch of the East from the Wizard of Oz.

With so many choices for simple vampires or witches it's hard to believe that not everyone will be garbed in a festive Halloween costume come Oct. 31.

My favourite part of the Web site is the in-depth history on virtually all the creatures or subjects involved with Halloween or horror.

I have never seen a better collection of all things creepy.

You can learn about ghosts, vampires, werewolves and witches. And the descriptions include some really neat stuff — stuff I didn't even know (and I'm a horror buff!).

The sections on ghosts is a question and answer with "ghost expert" Dave Oester. In it he explains what ghosts are, why they're here and what to do if

you have one.

The vampire section is very in-depth and it breaks down into three subgroups: folklore vampires, psychic vampires and mortal vampires.

If you don't know the difference between the three, now is a good time to learn. Especially considering that psychic vampires are very likely real.

The section on werewolves or Lycanthrope is well researched. Did you know that the legend of the werewolf comes from Greek mythology?

And I bet you think you know everything there is to know about witches.

But just in case you don't know the differences between a kitchen witch, an Alexandrian traditional witch and a Wiccan I suggest you check out the witch section on StarMystical.com.

Again, I was shocked at how little I knew about different types

of witches.

The Web site also gives the history of Halloween, witch's broomsticks and jack o' lanterns.

If you visit this site on Halloween (and you should!) definitely read the section on paranormal experiences had by visitors to StarMystical.com.

Even better, print them out and read them at your Halloween party.

There are definitely a few creepy stories but also a couple obviously influenced by Hollywood or an over-active imagination.

Without a doubt though, StarMystical.com is a creative and well-researched Web site for anyone who loves Halloween.

Have a happy and safe Halloween and beware of things that go bump in the night!

If you know of any fun or interesting Web sites you can e-mail me at king_koala@yahoo.ca and it could appear in a future column.

Cellphones have gone too far

Ring, ring, ring! Cellphones are taking over the world and they must be stopped.

Gone are the days when you could have a conversation without being interrupted by a phone call. Gone are the days when drivers were more cautious because they didn't have a cell-phone attached to their heads. I miss the good old days when cellphones were used only for emergencies.

Everywhere you look people are yapping on their cellphones. Students in classrooms, drivers on the roads and parents at their child's hockey games are among the people who can't seem to keep their phone at home. Can't the call wait?

Now I admit that I have a cell-phone, but I don't use it as much as some people do. In fact, I hardly use it at all. And when it is on, it's on vibrate mode so no one can hear it ringing.

Cellphones are coming between families and causing accidents on the road.

Some people have the nerve to leave the ringer on in class and make everyone in the room sit through another one of their annoying conversations about nothing of significance.

How can students afford to talk on these little contraptions all the time? I know it is not terribly expensive when used only for emergencies. But what about the cost when they are always being used?

When I tried to find out how much people were spending on



Denis Langlois

cellphones, the cost went as high as \$150 a month. How can students afford this? I have a hard enough time buying essential supplies for

school without spending money on unnecessary conveniences.

As for family time, it doesn't seem to exist anymore. When I recently went for a walk with my family I saw a couple jogging together. I thought it was nice to see other people spending time together, until I realized they were both talking on their cellphones.

What is the world coming to? Can we not take one second out of our busy schedules to spend time with our families?

Cellphones are coming between families and causing accidents on the road. I am starting to forget the benefits of cellphones.

I devised a little plan for myself and other cellphone users.

Try to go back to a time when there were no cellphones. Try spending some uninterrupted time with your family. Attempt to go down a street without making one phone call.

Until we become big business gurus when we have to talk to survive, try to reduce the number of phone calls.

Let's enjoy our lives as college students before we have so much to do that we can't stay off the phone.

Students need user-friendly, reliable transit service

For students who do not drive, public transit is the sole means of transportation to school every day. Just like those who must be at work on time, students are expected to arrive on time to classes.

In some classes attendance is taken, and a student may not qualify for credit if too much class time is lost. As well, post-secondary education is costly, and time is money for students.

This is why a reliable, user friendly transit system is a must in Waterloo region.

I have met very few students who are enthused at the thought of getting up at 6:30 a.m. in order to get to a morning class.

For those of us who actually drag ourselves out of bed, nothing is more frustrating than standing at a bus stop, waiting for a bus that doesn't come.

Buses sometimes seem to run on their own time, arriving five minutes late, or even worse, arriving seven minutes early.

Wondering which bus actually takes you to the school because you can not understand the posts



Tori Sutton

and the scrolling signs is not much fun either.

I know I'm not the only one who enjoys hitting the snooze alarm in the morning, and I know I'm not the only one who

detests showing up to the bus stop five minutes early to find the bus has already gone by.

I suppose it would be a wise choice to give the bus a good 10 minute leeway, however I don't feel it is unreasonable to expect the buses to run a little closer to the schedule.

Students need to get to classes on time in order to hand in assignments and to write tests, and a bus that doesn't show up at the scheduled time can be disastrous.

Being as little as five minutes late to a class where something is due can result in severe penalties.

I know I don't enjoy losing 20 per cent on a major assignment because my ride didn't show up on time.

It is a well-known fact that post-secondary education comes with a price tag attached, and I know I try to get the most for my dollar.


This means going to school whenever possible because I pay thousands of dollars a year to be a student.

Not only am I paying to go to school, I am paying to get to school on the bus. If the bus has mysteriously flown past my stop without me seeing it, I am wasting my money by missing classes I have paid for in full, nevermind the bus fare box that will be two dollars lighter.

As students, we have places to go and people to see. We need to arrive on time in order to do our job — which is to learn.

Therefore, it is important for those who rely on public transit to have something to rely on — a well-oiled transportation system that will get us from point A to point B without any major glitches.

As a student, I do not think that is too much to ask for. After all, I did drag myself out of bed this morning.



PARTICIPATION



Physical Activity

How much?

How often?

Get it Free!

1-888-334-9769

www.paguide.com

CANADA'S

Physical Activity Guide

to Healthy Active Living

Nursing students teach healthy living

By Laurie Vandenhoff

Sixth semester nursing students returned to school in more ways than one. In addition to classes, they held a health fair at Sir Edgar Bauer and Northlake Woods elementary schools in Waterloo.

For the majority of their final semester the diploma-nursing students must complete a consolidation, similar to a co-op, at a local hospital.

However, for the week of Oct. 15-22, they had to attend class and complete projects, one of which was the health fair for Grade 7 and 8 students on Oct. 17.

Four student co-ordinators started organizing the events last semester. They chose two elementary schools in the Kitchener/Waterloo region to host their health fairs. A teacher from each school chose which subjects would be presented.

At Sir Edgar Bauer elementary school, teacher Rosemary Paiva chose smoking, STDs, AIDS, drugs, self-esteem and peer pressure, eating disorders, healthy relationships and nutrition.

"The topics covered a wide range of important things happening to

students at this age," said Susanne Fraser, a nursing student and co-ordinator of the event.

The nursing students, in groups of three or four, had eight weeks to prepare a 10-minute presentation that was evaluated by the teachers at the elementary schools.

At Sir Edgar Bauer, 120 elementary students participated in the eight seminars.

Fraser was pleased to see the students responding to the presentations.

"They are willing to answer questions and are participating well," she said.

Presenters had many techniques to get students involved. The group that prepared the seminar on AIDS quizzed students to determine how much they had learned.

Meanwhile, the group presenting the risks of smoking asked students to check their pulse, jog on the spot and then check their pulse again. They were told that smoking could increase your heart rate to a similar degree.

The seminar on self-esteem and peer pressure gave away suckers reminding students to "don't be a sucker to peer pressure." They also

had them participate through role playing about what to do when faced with peer pressure.

The presenters also had important messages for the students. The healthy relationships seminar reminded students "love doesn't happen overnight" and "you are your own person."

However, some presenters ran into problems because Sir Edgar Bauer is a Catholic school. Groups presenting on AIDS, STDs and healthy relationships had to be careful when it came to the subject of sex.

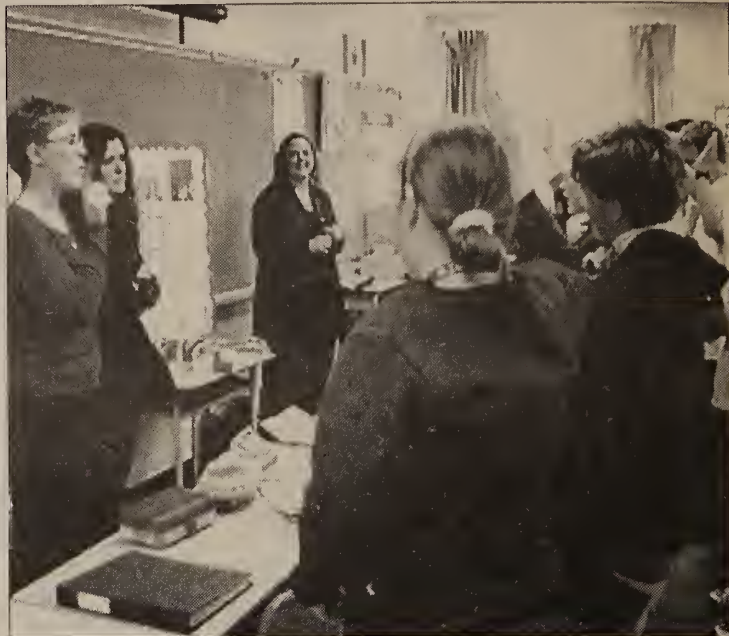
Leanne Riedl, an AIDS seminar presenter, said the group could not mention forms of contraception or insinuate about premarital sex.

However, the nursing students were actually surprised at how much the young students knew about sex and drugs.

Fraser said presenters were well prepared and appropriate.

Teachers were also pleased with the presentations and participation.

"Some were better than others," said Paiva. "I think they all delivered good messages. It's really important that it is not a regular



Nursing students from Conestoga College show students from Sir Edgar Bauer elementary school in Waterloo how to check their pulse. Third-year nursing students Jennifer Lang (from left), Marrisa Costa and Jean Gorman presented a seminar on smoking. (Photo by Laurie Vandenhoff)

teacher delivering the message. If it is a health professional, the students are more likely to listen."

Paiva said she would be willing to hold another health fair if the opportunity arose.

Operation Christmas Child brings joy to underprivileged

Shoeboxes full of toys to be delivered to children in need

By Lisa Hiller

Conestoga College students and faculty are being encouraged to help spread Christmas joy to children in impoverished countries around the world.

Operation Christmas Child is an annual Christian project that sends a message of hope to children in desperate situations around the world through gift-filled shoeboxes.

In 2000, people from Canada, the United States, Finland, the Netherlands, Germany, Ireland, and the United Kingdom collected more than four million shoeboxes filled with toys and necessities that were distributed to boys and girls aged two through 14 in more than 75 countries.

Operation Christmas Child is a project of Samaritan's Purse, which is a non-profit Christian relief and evangelization organization.

Samaritan's Purse relies totally on donations and volunteers to operate.

Russ Kelly, a first-year police foundations student, wants to get the message out about Operation Christmas Child to fellow classmates and law and security students, as well as other students.

Kelly learned about the project from a teacher at Conestoga College's Guelph campus last year.

His class then went to the warehouse to sort and process submitted shoeboxes.

He enjoyed it so much that he went back six more times. Kelly



Operation Christmas Child, a project of the Christian organization Samaritan's Purse, helps bring Christmas to needy children around the world.

(Internet photo)

and his wife also filled shoeboxes themselves to be sent overseas.

"It (volunteering) is very rewarding," Kelly said.

He plans to help this year again, and because there is a volunteer component in his program, he hopes to get fellow police foundation and LASA students to volunteer as security people at the warehouse.

Kelly also wants to encourage students to volunteer to sort and pack boxes to send to children around the world.

The shoeboxes should be filled with toys and necessities appropriate to age group and gender. School supplies, toiletry items, hard candy and toys are appropriate.

Toy guns, food items, deodorant and makeup are some of the things that should not be included in the shoeboxes.

Volunteers are needed at the warehouse, which will be located at the building behind Chapters bookstore at 428 King St. N., Waterloo, to sort and make sure all inappropriate items are removed from the boxes before they are delivered.

Kelly said Christmas is about love, hope and a feeling that there is a brighter tomorrow.

"The shoeboxes may be the only thing these kids get," he said.

The message of the agency can be conveyed with the help of more volunteers, Kelly noted.

"I feel that this could be a way people could give back to the community."

Interested students can call warehouse managers Paul and Eleanor Ross at 519-647-3199 or e-mail them at peross@sympati-co.ca.





Get it Free!

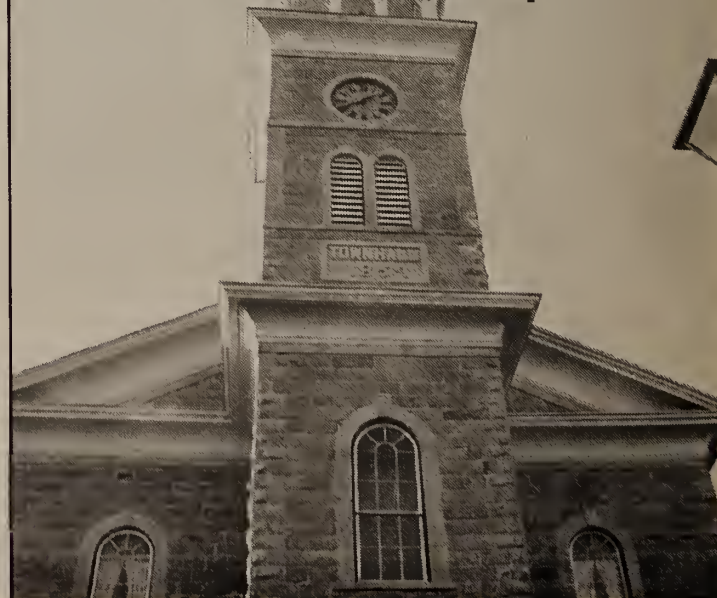
1-888-334-9769

www.paguide.com

Physical Activity Guide

to Healthy Active Living

Thou shalt read Spoke



Winter makes some students feel down

Depression varies from common sadness to SAD and it is gone with spring

By Denis Langlois

The days are getting shorter and the cold weather is here. Many of us associate winter with skiing, snowball fights or getting out those hats and gloves that have been in the closet for seven months. But for some people, winter brings on feelings of depression and sadness.

Having the winter blahs is common for everyone once in a while, but what exactly are they and what can be done to avoid them?

Barb Kraler, a counsellor with student services, said there are two different categories of depression asso-

ciated with the seasons.

The first is a more common type of sadness which many people get when the colder weather arrives.

"If you take up a winter sport you tend to associate the snow with sports, rather than with depression."

Barb Kraler, a student services counsellor.

"The person feels a little down and has a lack of energy," she said. "I

think most Canadians feel this way sometime during the winter."

The second type is known as SAD, seasonal affective disorder, which is a type of clinical depression.

"It is a more serious type of depression where the person doesn't want to interact with others, they may find it difficult to go to school and they just don't feel like themselves," she said.

Kraler said SAD is different than other types of depression because it is mainly caused by the seasons.

"These people will be fine once spring comes," she said.

Seasonal affective disorder is not

totally understood yet, she said, but many theories indicate that it happens because of a lack of light.

"There is some feeling that biologically your body is shutting down because it is getting a message that there is no light out so we don't have to be as active."

Some strategies can be used to prevent the winter blahs or make the symptoms less severe.

These include making apartments brighter by having as many lights on as possible, going outside and getting involved in a winter sport.

"If you take up a winter sport you tend to associate the snow with

sports, rather than with depression," she said.

Although occasional sadness is normal, feeling depressed for long periods of time is not. There are some symptoms to watch out for that may indicate the winter blahs have progressed to a more serious illness.

"If it progresses for a couple weeks or if it starts to interfere with your life, it may be more serious," Kraler said.

Also, if you become increasingly tired or if there is a change in your appearance or behaviour it may indicate a more serious depression stage.

Health important to happiness

By Stacey McCarthy

Everyone has his or her own opinion of what is healthy and what isn't.

However, contrary to popular belief, being healthy does not just mean the ability to avoid sickness.

It means maintaining a balanced lifestyle and taking care of yourself continually.

There are hundreds of books available that tell you how you should take care of yourself. The average consumer is lucky if they find a new lifestyle for anything under \$35.

It's hard to find discount reading material on discovering the "new you."

However, here's some free advice from Health Canada on general health:

■ It's important that you know what makes you feel good.

Every one of us knows what makes us smile, be happy and feel healthy.

You likely won't find this listed in a self-help book somewhere.

■ A major health focus for students continues to be body image.

Both males and females mould and reform their bodies to suit whatever image they are trying to mimic.

The problem is that you're born with a certain mould and no diet or exercise regime can permanently change genetics.

Students must understand that a diet their friend swears by probably won't work for them.

A proper, balanced diet varies with age, body type and rate of metabolism.

However, if you feel it's absolutely necessary to go on a diet, get professional advice from your doctor.

■ Another recurring health issue with students is sleep, or lack of it.

Very few of us can admit we've never said those two

infamous words: "I'm tired." In fact, I'd swear everyone is pulled aside in kindergarten and taught how to say that phrase for use in later life.

While it's best you get your full quota of sleep every night—at least seven hours is recommended—students usually get only four or five.

Therefore more students are resorting to afternoon naps. While they aren't recommended as a permanent solution, naps can be a temporary one. If you feel the urge to nap, try and do it in the late afternoon.

Afternoon naps give you just enough sleep to feel refreshed, but in the morning or afternoon, naps can leave you groggy.

■ Even though students have probably been told numerous times not to use alcohol, here's another reason not to: it depletes your body of vitamins C and B.

If you feel that it's necessary to drink, be smart about it. Practice moderation, make sure you have a designated driver and stock up on some vitamins to replenish your supply.

■ The best advice Health Canada gives is that you should get to know yourself. Know your abilities. Know your limits.

Everyone has strengths and weaknesses, but if you focus more on your strengths you'll dwell less on your weaknesses.

■ Health Canada advises you write down your strengths and weaknesses. Appreciate your strengths and acknowledge your weaknesses because they are a part of you too.

No one can be absolutely perfect.

■ Above all, learn to laugh at yourself.

It really is the best medicine because it eases tension in others and relieves personal stress.

International students get help improving their English skills

By Mary Simmons

Studying abroad has a lot of appeal. The opportunity to travel and meet new people is something many of us dream of. But what if you can't speak the language? How can you attend classes where the teacher is speaking a language you have little knowledge and understanding of?

ESL/English Language Studies is a program that answers this need for international students who must upgrade their English skills in order to be accepted into full-time programs at Conestoga College.

In order to be admitted to a diploma or certificate program the applicant must possess a certain level of English skills. International students applying to the college must be tested to discern which level of entry the student is at.

The International English Language Testing System (IELTS) assesses the ability of candidates to study in English. It tests reading, writing, speaking and listening skills. Those who are tested must pay a fee of \$181.90 Cdn.

There are four levels of study within the ESL program.

The first two levels are a prerequisite for everyone. They include communication, grammar, conversation, listening comprehension, and reading and writing skills. Levels three and four can be taken in one of two ways. For students taking the course for academic purposes, these levels cover reading and writing skills, academic listening and notetaking and communicative grammar. At this level, students are allowed to take two academic credits from the program of

study they wish to pursue.

Not all students are taking the course for academic purposes, however. Some are furthering their English skills for personal or business purposes and for these students, levels three and four include advanced conversation, pronunciation, communicative grammar, listening comprehension and reading and writing skills.

Students can begin their studies in September, January or May.

The length of the program is dependent on each individual's test results. Applicants must have the equivalent to an Ontario secondary school diploma. Grade 12 standing or the equivalent in mathematics is also recommended.

Additional information on this program can be obtained through the international education office.

CSI plans a bus trip for football fans

By Michelle Timmerman

Are you a diehard football fan, just itching for a chance to see a game live?

Well if so, or even if you just want a chance to get out and have a good time, Conestoga Students Inc. (CSI) has just the trip for you.

On Nov. 2, the CSI will be embarking on a bus trip to see the Buffalo Bills play the Indianapolis Colts in Buffalo.

"It's a trip we try to do every year, it all depends on if we can get tickets or not. This year the tickets went on sale over May 24, so we didn't get them ordered until the day after the tickets went on sale," said Jon Olinski, president of the CSI. The tickets for

the game are in the end zone in the fifth row, and are \$75 each. The cost of the ticket includes bus transportation to and from the game, lunch, and admission to the game.

A bus will be available to pick students up at Conestoga's Waterloo campus, as well as the Doon campus.

Times of departure have yet to be announced.

The CSI will be hosting a second trip Nov. 21 to see the Toronto Maple Leafs take on the Buffalo Sabres, at the HSBC Arena. Tickets for this game are located on the 100 level approximately 20 rows from the glass. The cost is \$120 per ticket, which includes transportation to and

from the game as well as a ticket to see the St. Louis Blues play Buffalo, Jan. 23.

Students are reminded to bring along proof of Canadian citizenship when going to the games such as a passport, birth certificate, student visa or military card. A simple driver's licence is not acceptable.

"With the heightened security at the borders after the Sept. 11 terrorist attack, we don't want to take any chances of anyone being left behind," said Olinski. International students are also asked to make sure their student visas are up to date.

Tickets for both events are on sale in the CSI office, located in the Sanctuary.

Spoke can now be read online!

For the latest college, entertainment and sports news, as well as games, puzzles, weather and reference links, visit www.conestogac.on.ca/spoke



Local anthrax threat not significant

By Julianna Kerr

How concerned should local residents be about exposure to anthrax? By the sound of things, not very.

Staff Sgt. Dan Anderson of the Waterloo regional police said, "There is no threat involved here." Police have been responding to a number of calls from concerned citizens since two incidents involving a white powdery substance on Oct. 14 and 15.

The first case was discovered in a magazine purchased from a Cambridge variety store and the second in a book in Waterloo. Neither substance was anthrax.

In fact, no cases of anthrax have been confirmed in Canada, but as a preventative measure, local police have been trained by community health officials to safely handle hazardous materials.

Although Waterloo regional police think the local threat of

anthrax is minimal, they are taking reports seriously and criminal charges will be laid in the event of a hoax.

In Guelph, three suspicious letters were received on Oct. 15 — two at the University of Guelph and the third at a Rhonda Road home. None of these substances was harmful.

Not everything coming out of local hoaxes is negative. The University of Guelph has now developed a safer procedure for opening mail.

Guelph Mayor Karen Farbridge said the city also has a plan and an emergency response team has been established including members from the Guelph Police Service, the Guelph Fire Department and Royal City Ambulance.

"I think we must be concerned given the incidences of anthrax in the United States," Farbridge said. "However, we must take necessary precautions without overreacting.

Sending anthrax through the mail is fortunately not an effective means of distributing the disease."

What about anthrax at Doon?

Conestoga College nurse Trish Weiler said she is not concerned with the possible appearance of anthrax on a local scale. The medical community is prepared.

"They are always up to date and developing policies and procedures to combat any health concerns."

Weiler is confident Conestoga doctors would follow any public health directives and take care of students' health through appropriate use of antibiotics should anything happen on campus.

"Our physicians and staff are updated continually regarding any and all communicable diseases and health concerns including anthrax," she said.

The City of Guelph Web site tells people to be wary of mail with the following:

■ No return address.

■ Hand written or poorly typed addresses.

■ Misspelling of common words.

■ Restrictive markings such as "Confidential", "Personal", etc.

■ Excessive weight and/or a feel of a powdery substance.

The City of Guelph Web site also lists procedures in the event of finding suspicious mail. These include:

■ If the letter is not opened, DO NOT OPEN IT. No one is at risk provided there is nothing leaking out of the envelope. No decontamination or treatment is needed. Call the police to report the letter and tell the call taker the letter has not been opened and there is no substance leaking out.

■ If you open the letter that claims to contain a hazardous substance (but doesn't), call the police to report the letter and tell the call taker you have opened the envelope but there is no substance inside.

■ If you open the letter that

claims to contain a hazardous substance and there is a substance, place the letter back in the envelope and close it. Place the envelope in a plastic bag and seal it.

■ Leave the room, close and secure the door. The person that opened the envelope and anyone who came into direct contact with the substance after the envelope was opened should wash their hands immediately with soap and water. There is no potential contamination of the rest of the building by leaving the room where the letter was opened.

■ Advise the exposed person(s) to stay put until emergency responders arrive, and avoid close contact with any unexposed persons unless absolutely necessary (e.g. for urgent first aid). Call the police to report the letter and tell the call taker you have opened the envelope, there is a substance inside, and what you have done up to that point.

Homestay places international students with Canadians

By Mary Simmons

You've left your family and friends back in your homeland in order to study abroad in a country where they don't speak your language or have the same customs. The thought could be a scary one, but when you get here, there's a new family waiting for you, ready to embrace you into their life and take you into their home as one of the family.

Marika Olah is one of the many people who participate in the Homestay program at Conestoga College. She takes international students into her home and treats them as family for the time they are with her.

Olah began taking in students on the recommendation of a neighbour who also is part of the program. Since then she has also recommended it and her own parents and sister have become involved as well.

Olah has been involved in the program for four and a half years and in that time she has lost count of the number of students she has had in her home, but guesses at between 10 and 15. Many are still in contact with her.

"It's something that gives me a



Hitomi Matsuyama and Marika Olah are part of the Homestay program offered by the international education office at Conestoga College.

(Photo by Mary Simmons)

lot of joy," Olah said of the experience of boarding international students. "They're all memorable. Each one is special."

Olah recalls one student who had her quite worried because she wouldn't eat. Olah couldn't understand what was wrong, until she

realized that it was because she had been serving chicken that was still attached to the bone, something the girl had never encountered. She didn't understand how to eat it. Once Olah realized this, she was able to show that student how to cut her meat and all was well. She now

laughs as she recalls how such a simple thing as eating chicken could hold such cultural differences.

Currently, Hitomi Matsuyama, a Japanese student, is living with Olah and her daughter, Christine. She has been boarding there for almost two years and feels like a

part of the family.

Matsuyama has spent the longest period of time boarding with Olah. She first began her studies at Conestoga College in the English Language Studies program. She also took some general arts and sciences courses before becoming a part of the woodworking program this year.

Since coming to Canada, Matsuyama has returned once to Japan and her home near Tokyo. She said the experience was quite different. She had been here for so long that she didn't feel Japanese anymore — she felt Canadian.

By the time she returned to Canada, however, she felt Japanese again — and had to become accustomed to life in this country all over again. There was definitely a degree of culture shock, she said.

Matsuyama said she has thoroughly enjoyed her experience in Canada. The people she has met have been friendly and helpful.

She said that one of the benefits of living with a family like the Olahs is the improvement in her English skills. She tries not to speak Japanese at all, instead concentrating on improving her English.

Take measures to keep safe from meningitis

By Sarah McGoldrick

Students spend a great deal of time together both in class and out. As a result of this they are often exposed to different types of viruses and diseases.

Meningitis is one such disease, which can be contracted through casual contact such as sharing bottles and cigarettes, and kissing, personal injury or reaction to drugs. Once infected it attacks the meninges, which is the lining of the brain.

Trish Weiler of health services said the disease is usually transmitted from germs, bacteria or viruses. "It usually starts out like the flu and has been misdiagnosed

in the past."

She added that the best test to know whether you have meningitis is a spinal tap.

"Hand washing, using your own water bottles, beer bottles and not double dipping chips are good ways of preventing meningitis."

*Trish Weiler,
college nurse*

There are vaccines available to prevent meningitis, which last

about three years.

Weiler said the best way to prevent contracting meningitis is through maintaining a high level of personal hygiene.

"Hand washing, using your own water bottles, beer bottles and not double dipping chips are good ways of preventing meningitis," she said.

Symptoms of meningitis can be compared to the flu, and include vomiting, high fever and stiff neck. It may also cause headache, back pain, sensitivity to light, drowsiness and confusion.

Weiler said babies with meningitis may be harder to recognize because they may not have a stiff neck.

Patients with meningococcal meningitis, which is most common in college dormitories, may also experience a red pinprick-sized rash that grows into purple bruises.

A report released by the National Committee on Immunization stated that the majority of cases of meningococcal meningitis occur during the winter months.

It also stated that those who survive have a 10 to 30 per cent chance of suffering serious complications, including brain damage.

Failure to seek medical attention could result in stroke, brain damage or death.

A pamphlet about meningitis and other common illnesses is available through health services.

**Spoke can now
be read online!**

For the latest college,
entertainment and
sports news,
as well as games,
puzzles, weather and
reference links, visit

www.conestogac.on.ca/spoke

College hits a homer with Over Time

By Kathleen Deschamps

Business is booming at Conestoga College's Over Time bar. At least compared to last year's sales.

Since changing locations sales have increased. "I've definitely seen an improvement," said Lynda Tribe, community program coordinator. "We were tucked into a little corner last year. Students have a much easier time finding the bar now."

Many renovations began at the end of the school year last year.

A new fitness centre was built, as well as the changing bar locations. Students weren't using the old facilities, such as the weight room and bar.

The decision was made to put the school bar in the main concourse of the fitness centre, on the upper level.

Students now have the opportunity to eat and enjoy a drink while watching a hockey game or a basketball game through the glass partition. Attractions at the new bar include a pool table, arcade games, a ping-pong table, and

several television sets.

A popular spot at the new bar is the pool table. "From revenue alone, about 100 to 150 students come to play pool on a weekly basis," Tribe said. The students are eating up every item on the menu as well.

"Nachos are the most popular item," said Tribe "they only cost \$2, which is competitive with the cafeteria prices."

As well as the college, the whole kitchen community has the chance to enjoy the recreation centre.

On weekends community clubs and teams use the facilities and often stop by the sports bar for something to eat.

Students usually enjoy the facilities during the week. It's just another spot to enjoy a quick bite to eat.

"We offer a wide selection for everybody, except we do not offer fried items," said Tribe. "We do not have the facilities to offer fried foods."

Over Time offers unique foods like Jamaican Patties, Super Subs, ham and cheese pitas and hotdogs.

Prices range from \$1.50 for a Jamaican Patty to \$3.69 for a super sub.

What makes Over Time most unique though is that they offer alcohol. They are the only place on campus which does so. The bar offers draft choices of Budweiser and Labatt Blue. A pitcher costs \$10.40 and a draft beer will sell for \$3.10. Besides beer, there are several liquor choices as well. A shooter at Over Time costs \$4.25 and a shot costs \$3.75.

The bar is open on all school days and stays open until 11 p.m. on weeknights. Students who are under the legal age of 19 can still enjoy the bar area, but cannot consume or purchase alcoholic beverages.

Over Time currently employs 10 part-time workers, several of them students at the college.

Kim Taylor, a second-year general business student, works at the bar during the week and enjoys the work.

"It's not too busy, and it gives me time to get homework done," Taylor said.

Tribe said that in the future she



Second-year general business student Kim Taylor fills a pitcher as part of her job at the college bar.

(Photo by Kathleen Deschamps)

would be willing to hire more students, based on their availability to work. "It all depends on major increases in business," Tribe explained.

"As for the future," she said, "at some point we may offer wraps and salads. We need to find a company to work with us. We just have to wait and see."

Students work for education

By Tannis Wade

With rising costs of tuition, supplies, equipment, not to mention transportation and gasoline, students are finding it increasingly more difficult to pay for their education. Students at Conestoga College had one thing in common; everyone interviewed had to work like crazy during the summer to raise enough money for school. Many continue to work at part-time jobs during the school year to help cover expenses.

From fast-food restaurants and factories to day-care centres and group homes, Conestoga students are working hard in order to secure a decent job for their future.

During a random survey at Conestoga College students were asked what means they use to pay for their education. Students use a variety of methods; all involved working at some point whether it is during the summer, while in school or both.

Second-year student Kevin Wilde knows how hard it is to manage costs involved with attending college. Wilde works full time during the summer to make money. "Even during school I am working close to 30 hours a week at the Flying Dog and Revolution," he said. This combined with 20 to 25 hours of school each week makes for a tiring routine for struggling students.

If you are creative and motivated enough you could run your own

business like Michelle Bookjans, a general arts and sciences student. "I am self employed," Bookjans said. "I make my money doing interior design."



Bookjans

Financial aid is another option that is commonly used by students. Woodworking student Jeff May gets OSAP to pay for his education. Though he is getting this assistance he still worked during the summer and continues to work now. "I am working part-time at McDonalds," May said, adding he works 15 to 20 hours a week on top of his schooling.



Kenny

Chrystal Kenny, a first-year law and security administration student, also collects OSAP to pay for her tuition and help cover the costs involved with her program. "OSAP is such a huge help for me," Kenny said. She also has a part-time job so she has some spending money.



Crabtree

If students know that they are going to be attending post-secondary education after high school, many attempt to save then. This is what Jaime Crabtree, a general arts and sciences health option student, did. "I knew that I was coming to college so I saved up for the past few years," Crabtree said. Saving in advance can make it a lot easier

when the time comes to pay your expenses.

Parents can also be a great source of financial assistance for those who are fortunate enough. Second-year woodworking technology student Adam Kapshey said that his parents help him out quite a bit. "I pay for all my own costs upfront," he said. "But if I get good grades my parents will pay me back for all my expenses that went straight to school," he said.



Kapshey

Some students also get a portion of their costs paid for by their parents, which makes a huge difference.



COUNSELLOR'S CORNER: Multiculturalism

Have you recently moved from your home country to Canada? Is English your second language? Are you on international student visa, of landed immigrant status, or did your family originate from a country other than Canada? Have you recently emigrated from a war-torn country? Are you dealing with issues such as culture shock, unfamiliarity with college or community resources, racism, or a lack of cultural familiarity? Will you be experiencing a Canadian winter for the first time?

Our college community is becoming enriched more and more with students from various cultural backgrounds. This creates a wonderful opportunity for growth, learning, and diversity. However, it can also pose transition issues for those who are new to the country and the college.

If you feel you need support dealing with these transitions, help is available. You can talk to your teachers, classmates, friends, or counsellors in Student Services. The Multicultural Support Group offered through Student Services provides an opportunity to meet new people and talk about issues related to being in a new country. The Peer Host Service offers one-on-one matches with your peers for the purpose of support and friendship. To learn more about resources at the college and in the community, visit Student Services.

A message from Student Services (Room 2B02).

Students create stool for competition

By Laurie Vandenhoff

The sweat and tears of five wood-working students will soon result in a finished entry for the Woodworking Machinery and Supply Expo.

For weeks the five second-year students - Mike Konig, Shawn Dickie, Aaron Milley, Jason Szalay and Tom Macintosh - have worked on completing a stool that will be entered in a student competition at the weekend event.

The stool, which has not been named yet, is a "multi-functional piece of office furniture," explained the team.

Their teacher Peter Findlay came up with the initial idea of creating a stool.

From there it was up to students to create their own design and build the product.

The stool features a swivel top and lazy Susan, which is enclosed within the frame.

The competition also requires that the students create a 3D view in Auto-CAD of the product, which is being completed by first-year woodworking student Ryan Mansfield.

The team suspected they had each spent 45 hours working on the stool.

"We've been in the shop until nine or 10 all week. When we are not in class we are in the shop working on it, even weekends,"



Second-year woodworking students show off the stool they designed for an upcoming competition. The students (from left), Aaron Mille, Mike Konig, Jason Szalay and Shawn Dickie will be entering their piece at the Woodworking Machinery and Supply Expo running Oct. 26-28 in Toronto. The stool is still in pieces because it is being sanded. Missing from the picture is Tom Macintosh.

(Photo by Laurie Vandenhoff)

they said.

They hope their efforts will be rewarded in the student furniture-design competition of the expo being held from Oct. 26-28.

The Canada-wide event is open

to any student or group. However, participating colleges can only enter one representative piece.

Competitors were required to design and build a multi-functional home office piece suitable for a

small space by Oct. 19. The dominant material had to be a combination of wood, veneer or board products.

A panel of three furniture-design experts judge the designs based on

craftsmanship, creativity and design and preliminary drawings or plans.

The winning school receives a trophy and new power tool to be used by the program that entered the competition. A winning student acquires a cash prize and a power tool.

The Woodworking Machinery and Supply Expo offers a number of events besides the competition.

The biennial event, which began in 1981, serves as a key meeting place for Canada's industrial wood-working professionals.

Participants at Canada's largest woodworking event can view new products from suppliers around the world. In 1999 more than 4,300 industry professionals from 3,000 companies were featured.

There are also opportunities to visit Lean Manufacturing workshops, free finishing and safety seminars, a Woodworking Machinery Supply work board and the Training 2001 Pavilion.

The work board and training pavilion gives participants the chance to obtain real employment opportunities. This is especially important to students facing graduation.

The event is held at the International Centre in Toronto, located near the airport. Show times are Friday 10 a.m.-6 p.m., Saturday 10 a.m.-6 p.m. and Sunday 10 a.m.-4 p.m.

Good Stuff bag sale raises \$573

By Julie Graham

The Conestoga College United Way campaign got a big boost this year from Conestoga Students Inc. (CSI).

On Oct. 19 the CSI offered their support and suggested donations could be collected using the popular Good Stuff bags.

For \$2, students, faculty and employees could purchase the bags courtesy of Clegg Marketing between 11 a.m. and 1 p.m.

Also given out at the pond party with proceeds going to the college's Foodshare program, the bags were full of items such as the Mach 3 razor, Zest soap bars, shampoo and other toiletry items.

CSI President Jon Olinski, who donated his time to help sell the bags, knew the items would move fast.

After just 90 minutes 200 bags had been sold.

Alumni services officer Monica Himmelman, who also helped sell the bags, said students, faculty and



CSI President Jon Olinski and Alumni Services Officer Monica Himmelman sell Good Stuff bags inside Door 3 on Oct. 19. Proceeds went to the school's United Way campaign.

(Photo by Julie Graham)

staff purchased the bags to use them as stocking stuffers at Christmas.

At the end of the event, a total of

\$573 was raised.

Himmelman said although she expected a great turnout, she was delighted by the total.

Life is short. Get an extension

Live longer with daily physical activity, healthy eating and following your doctor's advice.



**TICKETS
on sale!**



**Nov. 1 All ages Halloween at Fiddler's Green
(wristband policy in effect)
Call for details (519) 622-5270**

**Nov. 4 Buffalo Bills vs. Indianapolis Colts
\$75 includes bus, ticket and lunch**

**Nov. 7 Tony Lee XXX show at Stages Nightclub
\$6 in advance \$8 at the door
This is going to be filmed for television!**

**Nov. 22 Toronto Maple Leafs at Buffalo Sabres
\$125 includes ticket, bus
and St. Louis Blues vs. Buffalo Sabres on Jan. 23**

**All tickets are on sale at the CSI office in the
Sanctuary**

For more information contact the CSI at

748-5131 or listen@conestogac.on.ca



Halloween all about myths and magic

By Marcy Cabral

Ever wonder how Halloween originated? Why people dress-up and go door-to-door for candy? Or why carved pumpkins are called Jack-o-lanterns? I do. And after a little digging around, I discovered the real reasons behind the traditions and rituals of Halloween.

The history of Halloween

(www.parentsplace.com)

The word Halloween means "hallowed" or "holy" night and has descended from ancient generations beginning in the British Isles. Every Oct. 31, the Celts celebrated Samhain, a fall festival, which marked summer's end. The festival was thought of as a transitional period between the coming of winter and the ending of summer. The Celts believed that this time of year was also when the living could communicate with the dead and the deceased could return to earth. At this time, fairies were thought to be hostile towards humans and the cause of mischief after dusk. The fairies would sometimes trick humans into getting lost in the fairylands where they would be trapped forever.

In the 800s, the Romans arrived in Great Britain and combined the Samhain festival with their own fall celebrations commemorating the dead. The Catholic Church declared All Saints' Day to be celebrated on Nov. 1, and named Oct. 31 All Hallows' Eve or as it is known today, Halloween.

How trick-or-treating came to be

One theory found at www.xproject-paranormal.com states the Celts believed spirits, both good and bad, were out on Samhain and would therefore place treats out on doorways in hopes of pleasing the spirits roaming around the village.



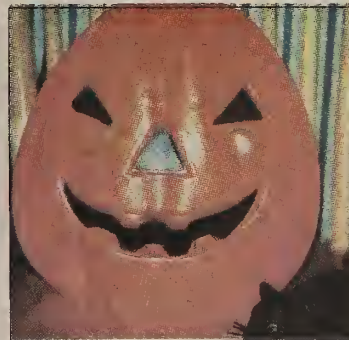
The belief was that when a spirit was looking for a human to possess in the house, they would find the treats satisfying and leave the house peacefully. The Celts feared that if no food was left, evil tricks would be played on those living in the house.

Another theory at www.4halloween.4anything.com says trick-or-treating, as it is known today, was derived from a ninth-century European custom named "souling." On the Christian holiday All Souls Day, Nov. 2, religious followers would travel the villages begging for "soul cakes." The cakes were pieces of bread with currants, a small dried grape, and were in the shape of a square. When the followers received a cake they promised to say prayers on behalf of the donor's deceased relatives. It was believed that prayer could help a lost soul find its way to heaven.

Why carved pumpkins are called jack-o-lanterns

(www.4halloween.4anything.com)

According to Irish folklore, a man named Jack was known to be a drunk and prankster who tricked the devil into climbing a tree. The drunken Jack then carved a cross into the tree trunk, which trapped Satan up in the tree. Before helping Satan down Jack made the devil promise to never tempt Jack again. However, after Jack died he was denied entrance from heaven because of his devilish ways and was not allowed into hell because he tricked the devil. So instead of allowing Jack into the fires of hell, Satan gave Jack an ember to light his way through the darkness. In order to keep the ember burning longer it was placed into a hollowed turnip. Originally, the Irish used turnips as their Jack-o-lanterns, but upon immigration to America they realized turnips were not as plenti-



Dressing up in costumes has become as much a part of Halloween as the pumpkin.

(Photos by Marcy Cabral)

ful as pumpkins. So, every Oct. 31 pumpkins were hollowed out and lit with a burning ember.

How costumes became an integral part of Halloween

(www.4halloween.4anything.com)

With spirits roaming the villages looking for healthy humans to possess, the villagers would do everything in their power to make themselves appear undesirable. The villagers would extinguish the fire burning in their homes in order to make them appear dark, cold and dreary. They would then dress up in ghoulish costumes with animal skins and wander noisily around the village being as destructive as possible. These rituals were performed yearly in hopes of frightening away the spirits.

Witches

Halloween was a time of fear and villagers were deathly afraid of witches on Oct. 31. Witches were thought to be at their most wickedness on this night and so fires were lit in hopes of burning them as they flew by on their broomsticks. Villagers also went hunting for women who were old, ugly or thought to be evil in order to burn

and kill them. Scots sometimes burned a model witch on Halloween representing all the bad happenings of the Scots people in an attempt to rid the evil.

Magic fire

At Halloween it was believed that lighting fires would help bring the sun back after a harsh winter and protect the villagers from evil. In Ireland, all fires would be extinguished and a holy fire, which was believed to guard against evil, would be lit where the Irish kings lived. After the fire was well stoked, all the fires in the village were re-lit from the holy fire and made to protect the villagers.

Mate hunting

Halloween was also a time of superstitions; the biggest one being who someone was going to marry. One ritual was to bake a cake and place a ring, thimble, and coin in it. Whoever received the piece with the coin would be wealthy; the ring meant marriage was waiting; and the thimble indicated a life of solitude and loneliness.

Apples were also another popular way of discovering your love match. It was believed that if hair was combed at midnight while eating an apple in front of a mirror a face of the opposite sex would appear.

Halloween pranks

In some parts of Britain, Halloween was also known as Mischief Night because children were allowed to play pranks. They would smear molasses on doorknobs and remove hinges from doors and hide them. In Scotland and Ireland, children would throw cabbages and turnips at doors and stuff chimney tops with grass. These pranks were done in hopes of getting the owners angry so the kids could bother them again the next year.

Lynden family really gets into Halloween spirit

By Shannon McBride

It's that time of year again. Ghost and goblins fill the air. A feeling of fright and anticipation demands the children's attentions. Jack-o-lanterns, scarecrows, cornstalks and bales of hay fill the city's lawns. But when does it all become too much?

For Francis McKenzie of Lynden, it never does. McKenzie loves Halloween. She and her family spend Thanksgiving weekend decorating their entire rural property with tombstones, bodies, ghosts and ghouls. They have spotlights to show off their makeshift graveyard at night and decorative cornstalks lining the driveway up to their house. This wondrous display of fright has filled McKenzie's yard every year since she has owned her own home. Even before that, she and her mother would decorate together.

"I inherited it," McKenzie said, adding that she grew up decorating and has never stopped.

Over the years she has collected decorating ideas from many places. These include the Waterford



Francis McKenzie and her son Travis show off their Halloween decorations on their rural property in Lynden, near Brantford. The McKenzies have made decorating a family tradition.

(Photo by Shannon McBride)

Pumpkinfest, nearby country farms and the Internet, which gave her ideas on how to make homeless figures and rhyming tombstones. This year a friend at work told her about

dancing ghosts made out of white shower curtains and chicken wire.

McKenzie keeps all of her Halloween decorations in one of three sheds in her backyard. Each

of the scarecrows is reused for three years and then new ones are made. The other two sheds store maintenance equipment and, not surprisingly, a wide array of

Christmas décor.

With her love of themes, McKenzie decorates for almost every holiday she can. In the last year, she has covered Valentine's Day, St. Patrick's Day, Victoria Day, Easter, Canada Day, Halloween and Christmas. Her favourite is Halloween though because it has become a traditional time for family. Her husband, Rob, helps out with electrical projects and her son, Travis, helps with artistic things like paper mache.

However, not everyone is thrilled with her decorating. In the past, some of McKenzie's neighbours think she has gone too far. One year they called the police and said their children were afraid to get on the school bus. But McKenzie's neighbours don't have any children. Obviously they didn't like her decorations and planned to do anything to get her to take them down. So, she decorates all the more.

"They think I'm nuts, but I don't care," she said adding that she has never done anything wrong.

"If you care what other people think all of your life, you might as well not do anything."

Teaching her passion

By Lisa Hiller



Libya Robinson-Hidalgo uses less formal methods to teach her conversational Spanish class. (Photo by Lisa Hiller)

Hidalgo tries to provide using role-playing and games.

She doesn't concentrate so much on grammar in the conversational courses.

In her credit course, she uses the more formal and traditional methods of teaching including drills, sentence structure, assignments and tests. Grammar plays a much bigger part in these courses as well.

Above all, Robinson-Hidalgo said she tries to have fun teaching and helping her students learn the language.

She said her passion is teaching. "I love to be with students and teach them the language," she said.

She also said she would love to be teaching full time right now, but that there are no positions available at this time.

Besides being fluent in Spanish and French, part-time language teacher Libya Robinson-Hidalgo also possesses quite a resume which includes two bachelor degrees from universities in her native Peru.

Robinson-Hidalgo received her bachelor of education in Spanish Literature after five years at the University of Lima-Peru at San Marcos.

She also has a bachelor degree in law from the National University Federico Villarreal of Lima-Peru. That took her seven years.

She taught at a high school in Peru for two years, worked as a lawyer for one year and taught school in Switzerland for three years, from 1988 until 1991, before coming to Canada.

She has been teaching part time at Conestoga College for five years and currently teaches two language-interest courses at Conestoga's Doon campus as well as Spanish I, which is a credit course, at the Waterloo campus.

Robinson-Hidalgo said she uses different teaching methods for her interest courses. They are for learning conversational Spanish and she said most students in those classes aren't interested in the finer details of the language.

They just want to learn the language for travel and business in a less formal setting which Robinson-

Travel industry struggles

By Julie Graham

In the weeks following the terrorist attacks in New York and Washington, one industry is struggling to recover. With airports half empty, new bio-chemical threats, and people still hesitant to travel, the tourism industry has taken a significant hit.

According to Fred Standeven, president and owner of Frederick Travel, it will take until at least Christmas or nearly six months for the travel and tourism industry to recover. However, Standeven said the trips he has been on since the attacks have been great. "I flew from Toronto to Seattle then up to Anchorage and I didn't have any problems. In fact, I found the service on the Air Canada and United flights, and the service at the airport, the best I've had in years," said Standeven.

Greg Burns, co-ordinator of recreation and leisure studies at the college, said he is not afraid to travel at this time but said he would feel more comfortable with air marshals on flights. "Years ago when I first started flying they (air marshals) were there. You didn't know who they were, but the bottom line is that you knew they were there," said Burns.

However, Standeven said air marshals are not necessary on

Canadian flights. "The backfire with the air marshals is the terrorists will plan to spot the air marshals and overpower them. I've been on flights where I've seen the police with a prisoner and the pilots requested that the police hand over their pistols. I think it makes more sense not to have any weapons," said Standeven.

"The backfire with the air marshals is the terrorists will plan to spot the air marshals and overpower them."

Greg Burns, co-ordinator of recreation and leisure studies

Burns said in light of the attacks, he doesn't think changes will be made to the rec and leisure industry, which is related to tourism. "I think what you might find is that people have come a lot closer. What we're seeing, particularly in the States, is people reconnecting with their churches, reconnecting as couples. A real issue, is with kids in the United States because they've seen all the film on television. I think that for those kids, that is where recreation can be an

outlet," said Burns.

According to Standeven, one month after the attacks Frederick Travel was running at around 40 per cent. "The first week after the attacks there was almost no business done. In fact, most of it was refunds so we were very busy, but not productive at all," said Standeven.

Burns thinks more private contracts with smaller airports and airplanes will be a popular choice among those who may be afraid to travel. He also suggested the idea of couples taking separate flights to the same location, noting how a significant number of children lost parents inside the World Trade Center. In the event of a plane crash, one parent would survive, said Burns.

Nevertheless, Standeven is confident that after an adjustment period, people will start traveling again. He also said he did not know anyone personally affected by the attacks, but some of his employees knew people, who on Sept. 11, could have been part of the tragedy. "People here had friends or people they knew that were either supposed to be on one of those planes but changed their reservations, or were supposed to be in New York but for some reason changed their plans. It's like there was divine intervention."

UNDERSTANDING COURSE MATERIAL?

HIRING A PEER TUTOR CAN HELP!

FOR MORE INFORMATION AND TO APPLY FOR A PEER TUTOR VISIT STUDENT SERVICES (ROOM 2B02).
THE COST OF TUTORING IS \$15 FOR 5 HOURS.

TUTORING CAN MAKE A DIFFERENCE!

PEER SERVICES ALSO OFFERS FREE WEEKLY GROUP TUTORIALS

GROUP TUTORIALS NOW BEING OFFERED FOR FALL:

Mechanical Engineering Technology/Technician - Math 1
General Arts & Science (Tech Stream & Aviation Option) - Math & Physics
Diploma Nursing - Semester 1 - Med. Math

DATES AND TIMES FOR TUTORIALS ARE POSTED IN STUDENT SERVICES (ROOM 2B09).



PEER SERVICES

Raising for relief



Isabelle LeBlanc (left) and Melissa Proctor, first-year students at Conestoga, sell candles to help raise money for the U.S. disaster relief fund. LeBlanc makes the candles by hand.

(Photo by Vanessa Lave)

Rumours abound about castle

By Daniel Roth

Every county has its share of ghost stories and urban myths. Wilmot Township is no exception.

Castle Kilbride, 60 Snyders Rd. W. in Baden, is the most well-known haunted house in Wilmot Township, and belongs to the Corporation of the Township of Wilmot.

Industrialist James Livingston built the castle in 1877. It remained in the Livingston family until the late '80s when it was sold to a developer.

In 1994 the castle was bought by the township and restored to its original condition, and is now a museum.

When the township renovated the castle, it built new municipal offices behind it and incorporated the offices into the structure.

There are lots of stories about what happens when the castle is not opened or being cleaned. But no one was brave enough to share any information.

Thanks to Paul Knowles, a book called, *Castle Kilbride the Jewel of Wilmot Township* was written.

The book documents the history of the castle including some of the more well-known ghost stories.

According to the book, before the



Wilmot Township's famous Castle Kilbride is located on 60 Snyders Rd. W. in Baden. It is the home of the township's municipal offices and to a few poltergeists. (Photo by Daniel Roth)

township bought the castle it was sold to a developer.

This person held an auction on June 11, 1988 to empty the castle of its belongings.

Since the castle has been restored there has been a great deal of

unusual reports regarding some of the furniture from the Livingston collection.

A couple, who purchased the master Victorian bed from the house, had some uneasy nights.

They told an antique dealer about

some visits they had from a ghost. The ghost wore Victorian-style clothes and appeared in their bedroom. They also told the dealer about a crystal from the castle which crashed from their ceiling for no reason.

One day the couple saw a picture of James Livingston and realized that's who was appearing in their bedroom.

Just after the township bought the castle in 1993, a woman, who purchased a small wooden cupboard from the castle Kilbride auction, told Knowles an interesting story.

"I've got something from the castle," she said. "And I think it wants to go back there."

She explained to Knowles how fastened doors would open and close at will.

There are several stories similar to these. Needless to say castle administration report that original artifacts are being returned all of the time.

Either people want to donate them back to the castle or they have been motivated to.

Another tale from a long time ago has a small girl tumbling down a flight of stairs and dying. Since then, there have been ghostly happenings around the stairwell.

Also after tours started in 1994 some people have reported hearing the crying of a child near the staircase.

Whether you're there to enjoy the museum or investigate paranormal activities, the castle is an interesting place to visit.

College students are dressing up

By Janine Toms

"If you're old enough to drive a car, there's no Halloween candy here for you," said one homeowner to me last year on Oct. 31. Well, maybe I am too old to be dressing up, but like it or not, college students will be donning costumes this year.

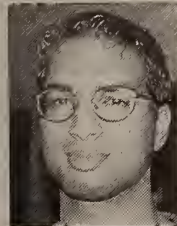
Halloween is quickly approaching and now is the time to crack down on costume attire. Students were asked, "What are you planning to wear on the 31?"

First-year social services student Kim Bolger said she will be taking her son William out trick-or-treating this year. Bolger plans to dress up as a witch and her son will be a ghost.



Bolger

General business student Ray Rawana has innovative costume plans for Halloween this year. "I'm going as No. 2 from Slipknot," said Rawana. The first-year student hopes to

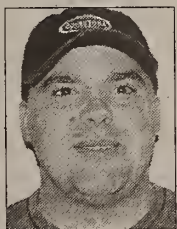


Rawana

get nine of his friends to dress up as the other members of the theatrical band.

He also plans to attend a party this year. "I'm too old for trick-or-treating," said Rawana.

Student Dean Mills plans to dress up as an Ewok. The third-year mechanical engineering student said he would not be trick-or-treating this year either.



Mills

"I would love to, but no one would give me anything," he said. His plans are to attend a party in his hometown of London.

Second-year student Ginny Hawkrigg is enthusiastic about the upcoming event.



Hawkrigg

Hawkrigg lives in Conestoga College's residence and will be attending their Halloween party on Thursday. The general arts student plans to attend as many functions as possible and plans on going treat-or-treating.

She'll be going as the off-air animated television character Rainbow Bright.

Hawkrigg has parties to attend, so she has a second costume planned. She will not reveal any details because it is a surprise, she said.

First-year student Jay Stangel spent considerable time on his costume idea. The mechanical engineer student has created a caveman costume from a green garbage bag and crepe paper.



Stangel

"I got the idea two weeks ago from a show on TV" he said. Stangel will not go treat-or-tricking but plans to distribute candy from his home in Kitchener.

Students who don't have any plans may want to head over to Club Abstract in Kitchener for its annual Halloween Party with prizes for best and most original costume. Tickets are \$3 in advance and \$5 at the door.

The Lancaster bar in Kitchener has its ninth annual Halloween Bash on Saturday.

The night will feature a live band and tickets are \$5 with a \$100 first prize for best costume.

Memories of a stomach ache

By Julianna Kerr

Halloween is upon us and I find myself reminiscing about long-passed nights of candy collection.

Here's what I remember: driving my mom crazy for about two months leading up to the fateful evening, trying to discover the best costume on the planet. I remember it being really important to wow my bosom friends with my amazingly inventive final product, which was designed and constructed by my unappreciated mother.

And I remember feeling so sick every day for about a week after Halloween. Boy, do I remember that. When faced with what seems to be an unlimited supply of candy, small brains can easily be scrambled.

My music teacher lived on our street. She used to make us sing for our candy, but it was usually a pretty good haul so we didn't mind so much. It was candy after all!

Then there was the older gentleman who lived two doors down. He has become a monster in my memory. I remember standing on his porch with my brother, eyes bright and shining, expectantly holding our bags open to catch the treats...

"One question," he said. "What did the Three Wise Men bring as gifts?"

What? Was this guy for real? So it would seem. Uh oh. After about 10 agonizing minutes (it was probably a minute and a half), he dropped a handful of pennies into each of our bags. I can't remember if we knew the answer or not. I do

remember that was the first and last trip to that particular house.

After a long night of begging for free stuff, we'd lug our stuffed pillow cases (do you know how much candy you can fit in a pillow case?!) home for inspection. You had to watch those sneaky parents. At our house, inspection meant my dad picked out his favourite snacks and disappeared with them into the night. But there were safety concerns too. When I was a kid, the big threat revolved around stories of kids finding razor blades in some of the bigger treats.

The sick and twisted individuals who attempted to ruin our sugar high with apples — you know who you are — were always thwarted at our house. Apples were a veritable breeding ground for dangerous things.

And then there were the neighbours who spent a great deal of time making homemade treats for the kids. They gave us too much credit, I'm afraid. By the time we got home, we couldn't remember where anything in particular had come from (except those pennies). We couldn't say to our parents the homemade fudge was from Mrs. Friendly across the street, so all their hard work was tossed as a precautionary measure.

I remember the year I was forced to realize I was suddenly too old for trick-or-treating. It was most likely the moment when someone said, "My, aren't you a little bit tall to be out here with the little ones?" Killjoy.

Still, I'll always have the memories. Happy Halloween.



Spoke can now be read online!

For the latest college, entertainment and sports news, as well as games, puzzles, weather and reference links, visit

www.conestogac.on.ca/spoke

HOROSCOPE

By Daniel Roth

Horoscopes for the week of Oct. 29 - Nov. 4

Happy Birthday Scorpio!

You are in store for a busy week. You will be invited to several different gatherings. If you feel like you are becoming tied down don't hesitate to take some time for yourself.

Aries: March 21 - April 19

If it feels like you have the weight of the world on your shoulders keep in mind that there is relief coming in the near future.

Luckiest day: Nov. 4.

Taurus: April 20 - May 20
You may feel like a bit of an outcast this week. As a result you may be forced to do something that is a little more daring than normal.

Luckiest day: Oct. 30.

Gemini: May 21 - June 21
Be prepared to advance in a relationship. Whether it be with a friend or with someone closer things are going to be more intimate.

Luckiest day: Nov. 3.

Cancer: June 22 - July 22
The winds of change are blowing in your direction. If an older woman offers you advice it would be wise to adhere to it.

Luckiest day: Oct. 31.

Leo: July 23 - August 22
With all of the activities you keep yourself busy with, you may notice yourself feeling really tied up. You can avoid fatigue by pacing yourself.

Luckiest day: Oct. 29.

Virgo: August 23 - September 22

Expect the unexpected this week. You may notice unusual events seem to be happening all the time. Be careful who you trust,

some people are not as they seem.
Luckiest day: Nov. 3.

Libra: September 23 - October 22

If you put the extra time into work and other projects you will be rewarded. Take the time to do the task at hand the correct way.

Luckiest day: Oct. 31.

Scorpio: October 23 - November

If you weigh the odds of a problem at hand carefully you can come to a fair solution. Be careful on what you spend money on this week.

Luckiest day: Oct. 30.

Sagittarius: November 22 - December 21

Someone may be pushing you to think in a certain way. If you disagree with what they're saying don't hesitate to let them know how you feel.

Luckiest day: Nov. 3.

Capricorn: December 22 - January 19

Look at problems logically. The solution is simpler than it appears. Don't dwell on things you can't do anything about.

Luckiest day: Oct. 30.

Aquarius: January 20 - February 18

There is a certain path that must be followed. You can't control fate but you can create the road to your future.

Luckiest day: Oct. 29.

Pisces: February 19 - March 20

You will be sharing more time with someone very close to your heart. Help each other out by sharing any problems you are having. They may have the answer you need.

Luckiest day: Nov. 3.

Daniel Roth is a second-year journalism student who has studied astrology and other clairvoyant issues for three years.

Olde School dining

Prices are steep, but the food is worth it

By Mike Sperling

Fine dining never came in a more elegant setting.

Only at the Olde School Restaurant at Highway 2 West and Powerline Road in Brantford could you sit in a dimly lit room, enjoy a nice glass of wine and eat a well-portioned meal.

Transformed from a schoolhouse into a fine restaurant, the Olde School Restaurant has a look that captures your mind and heart. From the moment you walk in you know it is a classy place. It even has a royal atmosphere, making you feel like a queen or king.

If you're looking for a place to dine in style and be treated like royalty, this is the place.

This may be in part to Queen Elizabeth II dining in the restaurant in 1997. A chair at the table she sat at now has a plaque informing customers of the prestigious event.

On the walls are drawings and pictures commemorating the Queen's visit.

From the ceiling hang eloquent chandeliers, giving the room a soft glow, and a pianist's romantic tunes can be heard throughout the restaurant from the lounge.

The restaurant is the perfect spot for a romantic date or better yet, a marriage proposal.

There were no problems with the service because it was quick and friendly even with my five-member family waiting to be fed.

To open the meal I sipped on a rye and Coke and enjoyed a crisp garden salad with oil and vinegar.

As a main entree I decided to enjoy a roast turkey dinner because



Formally a schoolhouse, the Olde School Restaurant at Highway 2 and Powerline Road in Brantford is one of the fanciest restaurants around.

(Photo by Mike Sperling)

I was sure it would fill me up. Included with this meal were a few slices of white and dark turkey meat on top of some of the best stuffing I've ever tasted and smothered in succulent gravy.

Also with this meal were mixed vegetables, potatoes and cranberry sauce.

The end of the meal was to be completed with a piece of pumpkin pie but I was too stuffed from the meal so I had the piece of pie wrapped up so I could take it home.

My family and I drank coffee as we awaited the bill. I will not reveal the grand total but let me just say my portion of the bill came to about \$50. That is not too

bad but I ordered one of the least expensive items on the menu. There are some steak meals that can run up to about \$20 and there is a shrimp cocktail appetizer at the same cost.

So if you are looking for a place to dine in style and be treated like royalty, this is the place. Whether for a family meal or an unforgettable date, the Olde School Restaurant is the No. 1 choice. Just make sure you save up your money and brace yourself for the bill if you decide to order the expensive items.

But what else would you expect from a place that once served the Queen?

The label battle continues

Expensive clothes are important in our lives, but needn't be

Tommy Hilfiger, Columbia, Ralph Lauren, Guess.

These are just a few of the many labels you see day to day as you walk through the corridors of Conestoga College.

Why must we make how we look such a big part of our lives?

The Canadian Oxford Dictionary defines appearance as an outward form as perceived visually by the public.



Michelle Timmerman

obsessed with how they look that they refuse to step out of the house without looking like they belong in some fashion magazine.

By no means am I saying I don't care about my own personal appearance, I myself am guilty of it. I refuse to step out of my home without looking at least somewhat presentable.

As sad as it is, we as a society often find ourselves associating how someone looks with different groups in society. To see someone walking along a sidewalk dressed in leather and a Harley Davidson logo on the back of his jacket, we almost automatically associate that person with bikers. Or to see some-

one walking through the hallways at school dressed in designer clothing and not a hair out of place, we tend to associate this person as a preppy or someone from an upper class.

Why do we do this? Does the way we look really affect who we are as a person on the inside?

Television has taught us that in order to be "cool" or "hip" you need to dress a certain way. Take Jennifer Aniston in the hit television show Friends for example. Many girls went out and had their hair styled to look like Aniston's character Rachel, because they believed they would be more like her if they had her hairstyle.

Next time, you are out buying new clothes, take a moment and think does it really matter if you go for the \$30 pair of jeans, or the \$80 Tommy Hilfigers that are the exact same as the cheaper pair.

10% Off **Star Bucks** 10% Off

THIS ENTITLES THE STUDENT BEARER TO 10% OFF THE PURCHASE OF ANY REGULAR PRICED MERCHANDISE.

10% Off
on your
Grad Suit, Prom Suit, Interview Suit, whatever the occasion

Conestoga Mall
747-1290

STARS
MEN'S SHOPS

Fairview Mall
894-0770

213 King St. W., 744-5271

OFFER VALID AT THE ABOVE LOCATIONS

one hour of your time
could save
someone's life...

Would you help?

In just one hour, you could save as many as four lives.

As a blood donor, you're eligible to give blood every 56 days—yet someone in Canada needs blood every minute of every day. Please help by giving blood.

For clinic information,
call: 1-888-871-7201



CANADIAN BLOOD SERVICES
Blood. It's in you to give.



Lacey receives Gammagard, a blood by-product, on a monthly basis. Without it, her life wouldn't be the same.

Pumpkins aren't just for pie

By Daniel Roth

Fall is an amazing season. You can watch the leaves turn from green to brilliant shades of orange, yellow and red. The air is crisp and fresh. And the food tastes so much better. Pumpkin is such a wonderful ingredient to work with. Even though it can be found in cans in the local market throughout the year it's always best made fresh in the fall.

All of the following recipes enhance the fall season.

PUMPKIN FLUFF

This is a really fun treat to make. It's very easy and requires few supplies. It's recommended that it be served on crackers but it's even better on chocolate cookie crust.

FLUFF

1 large vanilla pudding
Cinnamon to taste
Nutmeg to taste
1 large Cool Whip
1 large can of pumpkin pie filling (around 750 ml or 3 cups)
Prepare pudding as directed on the package. Mix the remaining ingredients. Serve with crackers or on cookie crust.

COOKIE CRUST

650 ml (1 cup) Oreo

cookie crumbs

150 ml (2/3 cup) melted butter
50 ml (1/4 cup) sugar

Combine the ingredients and press onto a cookie sheet. Use a cookie cutter to form different shapes. You can also use aluminium tart cups and make little bowls for the filling. Bake at 180 C (350 F) for 10-15 minutes.

NOTE: You don't need to bake the crust. It only has to be heated to become crisp and remain in its form.

PUMPKIN COOKIES

This recipe makes a nice soft cookie with a spicy pumpkin flavour.

550 ml (2 1/4 cups) all-purpose flour

20 ml (4 tsp) baking powder
5 ml (1/4 tsp) nutmeg
5 ml (1/4 tsp) ground cloves
5 ml (1/4 tsp) ground ginger
5 ml (1/4 tsp) cinnamon

125 ml (1/2 cup) shortening
375 ml (1 1/2 cups) sugar

1 egg

375 ml (1 1/2 cups) pumpkin (not pie filling)

125 ml (1/2 cup) raisins (optional)

Combine flour, baking powder and spices in a separate bowl. Cream the shortening and the sugar. Add the egg, beat until smooth. Add the flour mixture alternately with the pumpkin. Put



Homemade pumpkin cookies are a wonderful treat for the fall. The cookies are easy to make and fun to eat. (Photo by Daniel Roth)

the dough in the fridge and let it stand for about 20 minutes. This allows the spices to flavour the dough.

Place a spoonful of dough onto a greased cookie sheet and bake at 175 C (350 F) for 20 minutes.

If you use butter to grease the cookie sheet it will turn the bottoms of the cookies very brown watch them to make sure they don't burn. Makes 4 dozen.

WITCH'S BREW

This brew will warm you up after being outside. It has a subtle spice flavour. One cup is never enough.

2L (8 C) cranberry juice
1L (4 C) apple juice
50ml (1/4 cup) brown sugar, packed
2 ml (1/2 tsp) salt
4 cinnamon sticks
6 ml (1 1/2 tsp) whole cloves

Lemon and orange slices

Pour cranberry juice and apple juice into a large kettle, place over low heat.

Stir in brown sugar and salt. Add cinnamon sticks and cloves.

Simmer for 30 minutes. Use a strainer to remove cinnamon sticks, cloves and fruit slices. Serve hot.

Pour the brew into cups or mugs and bewitch your friends.

Playing around in Stratford

By Janine Toms

Inherit The Wind, written in 1955 by Jerome Lawrence and Robert E. Lee, is a play based on the 1925 trial of John T. Scopes, a 25-year-old substitute teacher who was arrested for teaching his student the Darwinian theory of evolution. Darwin's theory says the human race, over millions of years, evolved from the common modern ape. The state of Tennessee said these teachings were a violation of the Butler Act, which prohibits the teaching of any theory which denies the Biblical theory of Divine Creation.

The play is set in a Dayton, Tennessee courtroom where townsfolk have denounced the teacher's promotion of Darwin's theory. The state prosecutor and three-time presidential candidate is a fundamentalist who views the conviction of this schoolteacher as imperative if the morals of society are to be safe-guarded. However, the defence is a legal giant from the big city who has his own plans and states that a man should not be prosecuted for his thoughts.

The players' charismatic

stage presence and ability to become the role strengthen the playwright's development of the two legal councillors. The heated deliberations are only intensified under the grip of the scorching heat wave.

The conflict rises as the Bible is put to trial after a philosophy expert and a theorist are not allowed to testify by the judge's ruling of irrelevance. The defence calls the prosecutor to the stand and passages from the Bible are read to the court. The prosecutor is asked if the Bible is literal or if concept of thought is given by these examples.

This trial gave rise to the first nation-wide media frenzy in response to a public trial, giving rise to the first live radio broadcast of its kind.

Following a lengthy trial tainted by a biased jury and presiding judge a guilty verdict is ultimately rendered. The country's desire for justice makes the judge give leniency to the schoolteacher sentence.

The play is an enduring story of religion verses expression, a controversial matter that will never cease to exist.

Inherit the Wind is playing at Stratford's Festival Theatre until Nov. 3.

ChaChing!

Let us buy your used CDs & DVDs!



The Beat Goes On™
USED CD OUTLET

Play more for less

beatgoeson.com

CAMBRIDGE (519) 622-7774
415 HESPELER RD (ACROSS FROM McDONALDS)

KITCHENER (519) 893-2464
385 FAIRWAY RD. S. (CANADIAN TIRE PLAZA)

KITCHENER (519) 744-1011
370 HIGHLAND RD. W. (FOOD BASICS PLAZA)

WATERLOO (519) 884-7376
402 KING ST. N. (BESIDE BURGER KING)

Halloween tops list of horror films

By Marc Hulet

Halloween is all about candy, costumes and frights.

If you're one of those people who loves to be scared or you're looking for an excuse to snuggle up to that special someone, then run out and rent a copy of John Carpenter's Halloween.

Halloween originally hit theatres in 1978 but it remains one of those rare movies from that time that can still make you wet your pants.

The movie takes place in Haddonfield, Ill. and starts with a flashback to 1963.

In this well-crafted scene a six-year-old Michael Myers murders his sister on Halloween night.

What makes this scene so fabulous is the fact that the camera acts as Myers — we never actually see the boy until the final shot of the scene.

This technique makes viewers feel almost as if they were the killer. At one point Myers puts on a Halloween mask and the screen blacks out except for two small eyeholes through which we see the murder of Myers' sister.

The entire mood of the movie is

set in this pivotal scene. Between the eerie music — done by director/co-writer John Carpenter — and the excellent pacing viewers are left on the edge of their seats.

The movie then switches to the present — 1978.

Michael Myers, now 21, escapes Groves-Warren County Sanitarium. His childhood psychiatrist Dr. Loomis — played by Donald Pleasence — witnesses the escape and he tracks Myers back to Haddonfield.

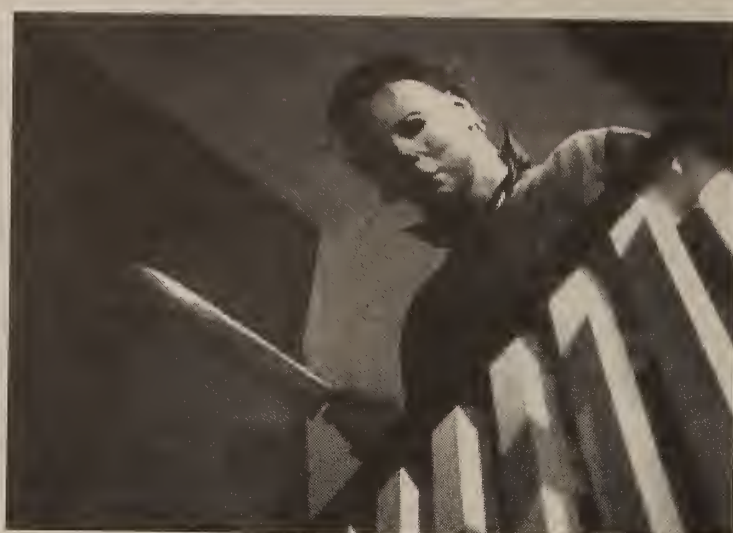
Unsuspecting bookworm Laurie Strode — played by Jamie Lee Curtis, in her first movie role — becomes the subject of Myers' murderous obsession.

He murders Strode's friends and then turns the knife on her only to be thwarted by Dr. Loomis.

The thrilling last scene of the movie will leave your heart pounding as Strode attempts to protect the children she's babysitting while trying to prevent herself from becoming Myers' latest victim.

One of the most amazing things about this movie is that there is very little gore.

Unlike the movies that were inspired by Halloween — like Friday



(Internet photo)

the 13th and Nightmare on Elm Street — this film relies on pacing, music and acting to frighten viewers.

Most murder scenes are done off camera, in the dark or with minimal blood and guts.

Carpenter even kept Myers' creepy appearance under wraps throughout the movie. Viewers catch partial glimpses of the killer's creepy mask but it isn't until around the one-hour mark of the

movie that we see Michael Myers in his entirety.

At one point in the movie a teenage girl gets into her car only to notice that the windows have inexplicably fogged up. Myers appears from the backseat and we watch him murder her from outside the car through the foggy windows.

Both Pleasence and Curtis give solid acting performances — especially for a horror movie.

Pleasence, who died in 1995, gave an excellent performance. His background in theatre was helpful in this role. He used his voice and tone to convey his characters feelings rather than contorted facial expressions or overly exaggerated actions — often seen in horror movies.

Curtis, whose performance led to many more horror roles, also gave a solid performance despite this being her first movie role. She plays a very soft-spoken girl who becomes very resourceful and strong when faced with danger. Curtis makes the switch seamlessly and believably.

Her success as a horror movie actor should come as no surprise since her mother was Janet Leigh — the shower victim in the classic Hitchcock movie Psycho.

Halloween is regarded as the most successful independent film of all time. Only the Teenage Mutant Ninja Turtles has grossed more but Halloween spawned six sequels with another currently in the works.

If you would like to learn more about the Halloween series visit www.halloweenmovies.com.

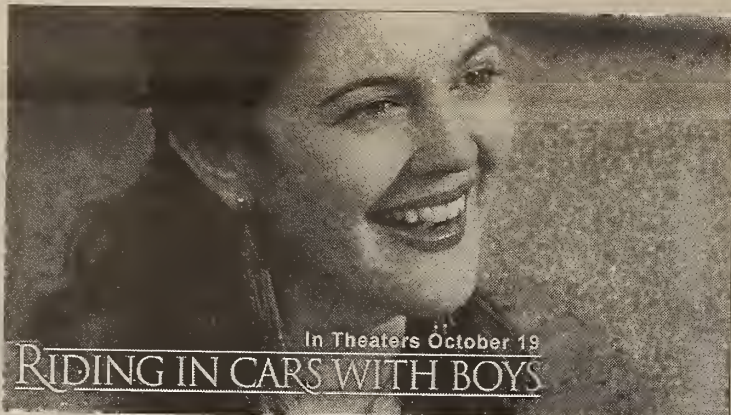
Barrymore's Riding in Cars a realistic family story

By Tannis Wade

Put away the cliché stereotypes of a traditional Hollywood story; Riding in Cars with Boys doesn't fit that script. The movie, released Oct. 19, stars Drew Barrymore as Beverly Donofrio, a woman who stops at nothing to achieve her goals. There is no Romeo and Juliet romance, no multimillion-dollar house where the characters never seem to work a day in their lives. This is as real as it gets, probably because it is based on a true story.

Bev is a typical teenager: fairly smart, not overly popular, and likes to have a good time. Unfortunately her life is put on hold when her love of boys results in an unplanned pregnancy. Only being 15-years-old Bev is terrified to tell her parents the news. How are they going to react? What will her father think?

This part of the movie takes place in a middle class neighbourhood in the late 1960s. It was common in those days for women who got preg-



(Internet photo)

nant to marry the father but Bev has ideas of her own. She is not in love with Ray, the father of her child played by Steve Zahn. She wants to be a writer and move to New York.

Her dreams are cut short when her father, played by James Woods, suggests that marriage is the best answer. He is disappointed and almost embarrassed by his daughter and makes a point of saying so

at her wedding.

Barrymore does a great job portraying a misguided teenager, probably because she was once one herself. However, it was a little hard to believe her as the 15-year-old Bev because she is just a little too old to fit the part. As the story progresses she grows more into the age and character, who ranges from 10-36 during the span

of the two-hour movie.

There are so many morals and messages in the movie almost everyone can relate to something. It is a real-life struggle that hits home to many. Bev works hard to achieve her high school diploma while raising a son not knowing that her husband is addicted to heroin. Living in public housing and barely scraping by; the conditions in this movie are very realistic.

Finally Bev is forced to make the ultimate decision in parenting. If she forces her husband to leave their home she looks like the bad parent to their young son. If she allows him to stay, life could prove to be very sad and traumatic for both her and her son.

In recent interviews published in Mademoiselle magazine Barrymore said doing this movie helped to repair her faulty relationship with her own mother Jaid. Her childhood was well publicized after starring in E.T. Her wild ways had her in rehab by the age of 14.

During this time she had many problems with her mother and admits to pushing her to the limits just like Bev pushes her father.

Overall, this movie was a truly touching, dramatic and sometimes funny portrayal of a regular person. It is about time Hollywood depicts something with a little substance that is truly a real story for people to admire. It helps us to realize that everyone struggles and we are not alone.

An interesting point raised in the film is that of normalcy. In today's critical world we all wonder at some point if we are normal. This film helps one to see that no one has a perfect life and it is natural to experience setbacks in life. Sometimes they will seem drastic and impossible to overcome. Beverly proves anything is possible if you work hard at it and never give up.

This was a good movie, but an obvious chick-flick as the audience only hosted the odd male. I give it a three-star rating.

Ultimate Questions

Bible study by correspondence. For a free copy of the course please send name and address to:
Bible study, Zion United Reformed Church, 1238 Main St. Gen. del, Sheffield, Ont. L0R 1Z0 or e-mail bible@zurch.on.ca
Visit our Web site: www.zurch.on.ca

Volunteers Required

Are you able to volunteer a few hours weekly during the school day?

The FRIENDS service at CMHA matches volunteers with children who need additional support in their school setting.
Please call 744-7645 x317
www.cmhawrb.on.ca

Your time is valuable

At the distress centre you can volunteer providing confidential, supportive listening to individuals in distress.
We provide complete training. Call today.
744-7645 x317
www.cmhawrb.on.ca

"When diabetes enters your life, you need someone to turn to. Call the Canadian Diabetes Association."

Carol Seto, dietitian

HELP SOMEONE YOU KNOW. CALL 1-800-BANTING



CANADIAN
DIABETES
ASSOCIATION

ASSOCIATION
CANADIENNE
DU DIABÈTE

www.diabetes.ca



Finger Eleven rocks crowd at Lyric

By Tori Sutton

After my fifth time seeing Finger Eleven, I left with a smile on my face and ringing in my ears.

The band, which hails from Burlington, played a long set to a large crowd of sweaty fans at the Lyric in Kitchener Oct. 13.

The show was the final stop on the band's Big Noise Tour that traveled across Canada over the summer.

Vocalist Scott Anderson belted out the band's latest single Bones and Joints, as well as many other popular songs off their latest release The Greyest of Blue Skies.

"Finger Eleven's heavy rock sound appeals to fans of many different music genres."

Songs from their first album Tip were sprinkled throughout the set. However, there were no songs from the era when the band was known as the Rainbow Butt Monkeys.

Guitarist James Black pleased the crowd with his energetic jumps and quirky faces while playing every song flawlessly.

Anderson ensured there was crowd participation by taking the

time to thank the fans at the Lyric.

Anderson said the band enjoys playing shows close to home and the Lyric was a great note to end the tour on.

Although the fog and lights were a little overbearing throughout the set, the haze added a spooky effect. At one moment you would not be able to see the band, the next moment they would be pounding out another emotionally charged song.

Finger Eleven's heavy rock sound appeals to fans of many different music genres, from Top 40 to the nu-metal crowd.

The band has a large fan base in Canada, and has been receiving more and more attention in the States.

Opening bands the Familiars and Slurpymundae got the crowd ready for Finger Eleven. Unfortunately, the Familiars seemed to lack stage presence and energy.

The lead singer had a promising voice, but the band did not appeal to the crowd.

However, Slurpymundae, also of Burlington, got quite a reaction. The band's mix of rock 'n' roll guitar riffs and lead singer Sean Kelly's melodic voice was perfect.

I found there to be somewhat of a hair metal influence to their music, without sounding cheesy.

This unsigned band definitely deserves more attention.

The most disappointing part of the concert was the actual layout of the club.

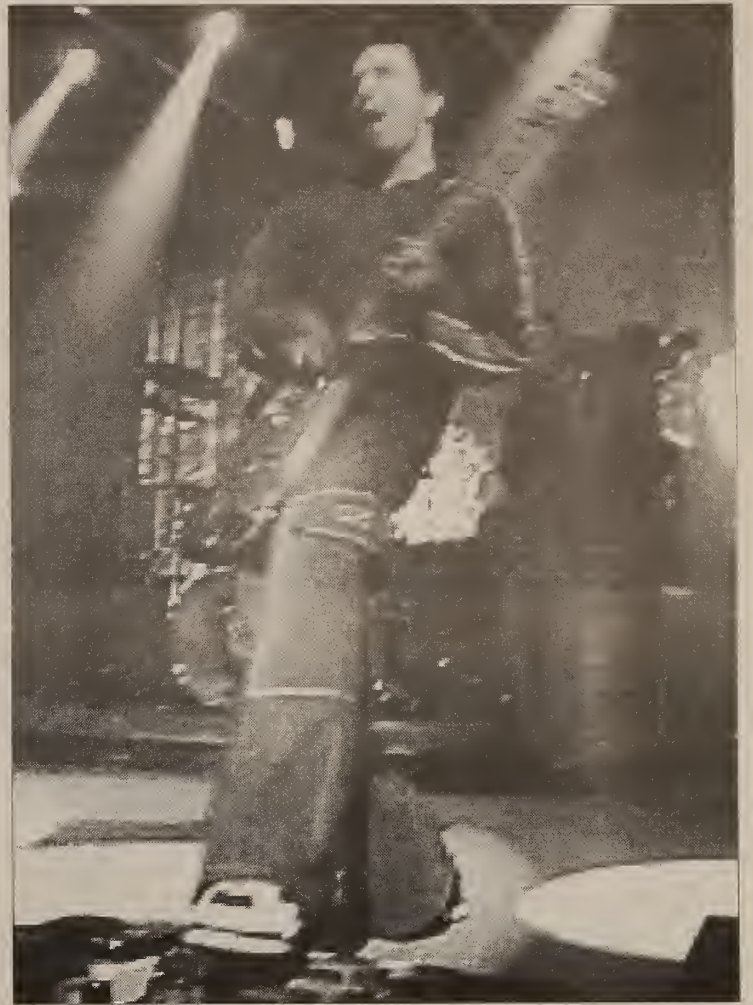
Being an all-ages show, the Lyric roped off an area for those 19-years-old and over to drink. It seems they did not consider how many underage people would be attending the show because it was very hard to find standing space outside the blocked off area. At one point they expanded the area, giving the older people more space to stand against the main rail to see the band. This seemed unnecessary, as the area was rather empty compared to the rest of the club. Although I was fortunate enough to stand in that area, I felt this was unfair to the younger people who spent money to see the band just like everyone else.

Despite a few small problems, the concert was well worth the \$20 admission price.

Not only did I get to see Finger Eleven again, I was introduced to a new band with a great deal of talent.

Finger Eleven is not touring currently, but will be in the studio soon to record their new album.

You can check out band news and James Black's journal on the band's official Web site: www.fingereleven.com.



Finger Eleven played a great show at the Lyric in Kitchener on Oct. 13. (Internet photo)

U2 elevates crowd at Copps Coliseum

By Julianna Kerr

Irish rock stars U2 charmed a sold-out crowd of 18,000 fans with a two-encore performance at Copps Coliseum in Hamilton on Oct. 13.

The band's 2001 Elevation Tour has brought them to local venues twice this year. Last May's concerts at Toronto's Air Canada Centre were also sold out. Their trip to Hamilton was part of U2's first arena tour in 10 years.

The audience screamed and clapped as the foursome from Dublin took to the stage. Canadian, American and Irish flags waved in the stands, as did banners and signs with peaceful slogans and tributes to the victims of the Sept. 11 attacks in the United States. Fans wanted recognition of these tributes from U2's lead man Bono, and he did not disappoint.

At one point, the singer grabbed an American flag from someone in the front row and wrapped himself in it, singing.

The famously political Bono said relatively little about the attacks on the U.S., letting tributes speak for themselves.

The names of the victims from the downed flights scrolled across a screen behind the band during the second encore.

The absolute highlight for one audience member came from his own advertising. Bono took from him a sign reading "Me+

Guitar=People Get Ready". The lead singer then pulled the aspiring young musician onto the stage and set him up with a guitar.

After telling him it pays to advertise, Bono helped him out with the chords to Curtis Mayfield's song People Get Ready. The young musician from the audience finished by singing the last verse of the song. It was a moment no one there will ever forget.

The special effects were minimal, the music fantastic. U2 has proven it doesn't need a lot of flash to wow its crowd.

The band played a wide mix from all of its albums, focusing on each one's best-loved songs. After almost two hours, U2 was done.

The incredibly strong opening act was Garbage, fronted by Scottish-born singer Shirley Manson.

The band played all its best-known tunes, with some new tracks thrown in. Manson gave an energetic performance that really worked up the audience for the evening's headliner.

U2 ended the night with Walk On - a song from its newest album, All That You Can't Leave Behind.

"Be safe and look after each other," Bono said, as he set his black leather jacket on the mic stand.

The last image of the night was the American flag sewn inside his coat, hanging on an empty stage.

Assessing Your Study Habits

Complete the following checklist to gain a better understanding of your current study skill practices and also areas upon which you could improve. Answer the following statements by marking either (T) TRUE or (F) FALSE in the space provided.

- ___ 1. I always get things finished on time.
- ___ 2. I hardly ever put things off to the last minute.
- ___ 3. I look over my notes and edit them after class.
- ___ 4. I review the notes from the last class before the next lecture.
- ___ 5. I have a fairly quiet place to study.
- ___ 6. I have a method for remembering material for exams.
- ___ 7. I'm very sure of how to research and write an essay.
- ___ 8. I know exactly how to document references in an essay.
- ___ 9. I read the conclusion and summary of chapters first.
- ___ 10. I can highlight only what's important in a textbook.
- ___ 11. I can think clearly on exams.
- ___ 12. Before I begin to write an exam, I scan it to develop a plan of attack.

If you have marked "F" to a majority of the questions, you may wish to access study skills assistance.

The above statements have been categorized by the following skill areas:

- #1 and 2, time management
- #3 and 4, listening and note taking
- #5 and 6, concentration and memory
- #7 and 8, preparing essays and reports
- #9 and 10, reading
- #11 and 12, preparing for exams

If you would like to receive assistance, you can book an appointment in Student Services, Room 2B02.

Referee dreams of NHL career

By Mike Metzger

For most people growing up, going to NHL games and meeting current and future Hockey Hall of Fame members was a dream, but for Mike McCreary, it was life.

The first-year general business student at Conestoga College is the son of NHL referee Bill McCreary. He has been a referee himself for four years, refereeing part time in the OHL, full time in the OHA and part time for minor hockey. McCreary hopes to someday make it to the NHL like his father.

"I like the lifestyle," McCreary

said. "You get to be on TV, the pay is good and you get to travel."

McCreary grew up wanting to be a player in the NHL, but didn't have the skill necessary to succeed at that level.

"Once I knew I wasn't going anywhere as a player, I wanted to stay in the game," he said.

McCreary decided to follow in his father's footsteps and start a career in refereeing. It didn't take him long to make the OHL; in fact he was still a teenager. Most OHL referees are 22 to 35 years old, so there was a lot of jealousy from the other referees, but McCreary still

managed to impress people.

"Usually people develop through the league but I just stepped right in," McCreary said.

Having a father who referees in the NHL also helped a lot in advancing as quickly as he has.

"He helped get people and scouts to see me," he said.

According to McCreary, going from a player to a referee was a



McCreary

bigger challenge than he expected.

"Learning all the rules was hard and the pressure from the coaches and the players was tough to deal with at first," he said. "When you're a ref, when you make a call one team likes you and the other team hates you."

Although McCreary has a good chance of making the NHL, he still values his education at Conestoga.

"Because of the risk of injury or an early retirement, I'll need something to fall back on," he said. "A business degree can help me find a management position in the NHL."

Having a father in the NHL

offered many great experiences for McCreary. His favourite players who he has got to meet include Wayne Gretzky, Tony Twist and Bobby Orr. His most memorable game he got to go to was game 6 of the 1999 Stanley Cup Finals between Buffalo and Dallas in Buffalo. Dallas won the Stanley Cup in the third overtime.

McCreary hopes to make the NHL after he is done school. He dreams of having the success that his father has had in his 17 years in the league.

"If I ever become half the man he is, I'll know I'm a big success," McCreary said.

Men's golf team places fourth at provincials

By Vanessa Laye

Conestoga's men's golf team swung into action placing fourth at the Ontario College's Athletic Association Championship (provincials) hosted by Canadore College in North Bay Oct. 2 to 4. The championship was held at Osprey Links Golf Club in Callander.

The golfers teed off for a fun practise round on Oct. 2, to get a feel for the course, knowing that the next two days were for the championship. On the morning of Oct. 3, the nerves were jumping as

the Condors teed off for round one of the tournament. After playing the first 18 holes, Conestoga had a team score of 320.

But they weren't so lucky at the final round on Oct. 4, when they added seven strokes to their team score. The team finished with a total of 647 on 36 holes. If the Condors could have shaved off 9 strokes, they would have finished in third place.

The Condors Tyler Smith had the best and most consistent game scoring 5-over par on both days. In the men's individuals Smith came in fifth place scoring 154 on 36

holes, just two strokes over the 4th place winner.

Dave Erdman wasn't far off Smith, scoring 159, placing him 14th out of the 60 individual men competitors at the tournament.

First place for the men's team event went to Humber College with a score of 610. Jon Hackett of Humber also placed first in the men's individual event scoring 141.

First place for the women's team went to Georgian College with a score of 349 on 18 holes. Georgians Katie Ferguson brought home the gold in the women's individual event.

Swinging for the fences



A Canadore Panther puts a pitch into play during the women's varsity playoffs at North Bay on Oct. 19 as the Conestoga bench watches. Conestoga lost to Canadore 9-5 in its second game of the tournament after losing to Seneca 14-5 in its first game. The Condors were eliminated from the double knockout tournament after losing their first two games. A series of fielding errors in both games took away any chance the Condors had of winning.

(Photo by Paul Kostal)

Nickelback delivers hearty rock 'n' roll

By Paul Kostal

There is a little comfort in the simple things in life being the way they should be.

Sunrises in the morning, pepperoni on my pizza, and meaty rock 'n' roll, they all make me feel warm and fuzzy inside.

The Vancouver band Nickelback delivers the musical food that I need with their third effort *Silver Side Up*, and, refreshingly, it's about time.

The music industry seems mired in a slump, as far as I'm concerned, of pop-vocal constructed starlets and boybands, and rap-rock media savvy yellers.

Collective Soul and the Headstones have recently released collections of their greatest hits from the past decade, but something new in the rock industry was needed.

And it's nice to finally hear simple rock music. Not to say the music on this disc is

base and simplistic, the lyrics are actually quite compelling, and there are traces of catchy pop traces leaking into the lyrics and guitar riffs. But for the most part, and for your money, this is a large, meaty rock album.

The third album from the four-some, *Silver Side Up*, like *The State* before it, is a sometimes somber look at life and relationships.

The cover art of the album warns potential listeners of this. It is a picture of a weathered eye crying a single tear of what looks like mercury. It is a stark image, and fitting for the type of songs inside.

The first single off *Silver Side Up*, *How You Remind Me*, which

has catapulted to the top of every rock and pop chart on the continent since its release a month ago, seems to encapsulate the feel of the entire record in its chorus.

"It's not like you to say sorry/I was waiting on different story/This time I'm mistaken/for handin' you a heart worth breaking."

Lead singer/guitarist Chad Kroeger said the song was about "that time in a marriage when your partner constantly points out all your faults."

"Never made it as a wise man/Couldn't cut as a poor man stealing/Tired of living like a blind man/Sick and silent without a sense or feeling."

Don't think that this album is simply about depressing the listener. This is a rock album, and unlike the pop music that has inundated the airwaves, there is a sense of maturity permeating the lyrics that is, as I said, refreshing.

Everyone seems to be able to relate to the lyrics and the song, which is strung together with strong guitars and a heavy drum back-ground.

But don't think that this album is simply about depressing the listener. This is

a rock album, and unlike the pop music that has inundated the airwaves, there is a sense of maturity permeating the lyrics that is, as I said before, refreshing. Other songs on the album share the theme of *How You Remind Me*.

Good Times Gone and Never Again show the band has a sense of purpose and has grown since their last album *The State*. Songs like *Old Enough*, while catchy and fun, were light and shallow compared to the lyrics on *Silver Side Up*.

So, like me, if you're tired of listening to Britney Spears or N'Sync, Nickelback will be a welcome return to the power rock that has been sadly missing from modern music.

Men's soccer ends season in a slump

Condors fight with muddy conditions and a lack of regular players

By Vanessa Laye

With a sea of mud covering Fanshawe's soccer field, the Condors and Falcons men's soccer teams got down and dirty at their game Oct. 17. The Fanshawe Falcons won 6-1.

"It was a dangerous situation," said Geoff Johnstone, coach of the Condors, who added the game should have been cancelled due to the field's condition. Apparently someone at Fanshawe turned on the field's sprinklers two hours before the game.

But the mud wasn't Conestoga's only problem; their lack of players hit an all-time low. Out of their original 21 players, only 11

were there to start the game. Johnstone said the players who came had fun, but expressed his disappointment at those who didn't show because they wouldn't have the chance to go provincial. "It's cowardly not to show up because you can't make playoffs," he said, adding, "You still have an obligation to the sport, the team and the league."

Conestoga lost two more players during the second half of the game. Half back Ilias Tsatsas was ejected from the game after being given a red card from the officials for swearing. Then, the 10 players on the field turned into nine when rookie Colin Leskien went to turn and caught his cleat in the mud,

injuring his knee. Johnstone said Leskien might have ligament damage and is the third player this season to get out with a knee injury.

"This is the worst record in the last 20 years."

Geoff Johnstone, coach

Conestoga's Bojan Djokovic came through and scored the last goal of the game to make the score 6-1. The Condors tried to play their game of controlled passing on the ground, but the conditions of the field wouldn't

allow it. "In these conditions you have to change your game to kick and run," said Johnstone. With the ball stopping in the mud there is no chance to carry the ball up the field, so your only other option is to boot the ball into the air and run towards it in hopes of getting to it first.

The player of the game went to Leskien who Johnstone said played the hardest and got the dirtiest.

The Condors were also defeated on the weekend of Oct. 13 and 14 by St. Clair College of Windsor 4-2 and Lambton College of Sarnia 1-0. Johnstone said the Condors dominated both teams and could have beaten them, but the lack of

players is the underlying issue. The Condors have scored in all their games except against Lambton. "We kept hitting the crossbars and posts," he said. Conestoga's Shawn Doterman and Boris Kubara scored in the St. Clair game.

Johnstone said the Condors ended their season with a 3 and 8 record. "This is the worst record in the last 20 years," he said, adding on a positive note the team has a lot of dedicated first-year players.

Now that the season is over Johnstone will start focusing on indoor soccer. He plans to build this year's indoor team mostly from first-year players. The season starts Nov. 1.

Women play best game of season

By Mike Sperling

The women's varsity soccer team played one of its best games of the season Oct. 13.

The Condors took on the St. Clair College Saints and defeated them by a score of 7-2.

Top-scorer for the game was Erika Swarbrick who had a hat trick. Other scorers included Kathleen Lindenfield, Jennifer Goncalves, Shannon Vanderkruk and Andrea Kukovica who each scored a goal.

On Oct. 14 the team was not as

fortunate, losing 4-0 against Lambton College.

"The whole team played their best game ever."

Rebecca Miller, coach

Coach Rebecca Miller said she is satisfied with the two games.

"As a whole, everyone played well," she said. "The whole team played their best game ever."

Miller said the women communicated well on the field and played like a team instead of individuals.

The team played again on Oct. 16 against Fanshawe College but lost the game 9-1 to finish off regular season play with a record of 2-8.

Passionate play



Condors' defender Jennifer Santos (right) tries to block a cross from an unidentified Fanshawe player at the game in London, Ont. Oct. 16. Fanshawe won 9-1.

(Photo by Vanessa Laye)

Sure shot



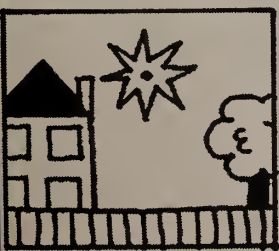
Janet Amorim, a second-year nursing student, receives a flu vaccination from Lyndsay Strathren, a registered nurse at Homewood Health Centre Oct. 18. Flu shots will be available at the college Oct. 29 to Nov. 2. (Photo by Reni Nicholson)

Climb high with Spoke

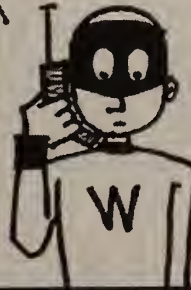
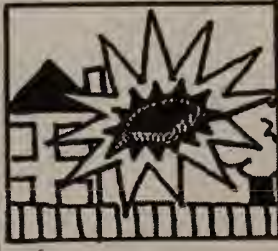


WOOLEY by Marc Hulet

HEY-IT'S WEBB... NO I CAN'T GO OUT CRIME-FIGHTING TONIGHT. I FAILED MY MATH TEST!



I DON'T KNOW... TRY CALLING SPONTANEOUS COMBUSTION LAD. MAYBE HE'LL GO!



YEAH. MY DAD'S GONNA KILL ME... ATLEAST THIS DAY CAN'T GET ANY WORSE!



Come check us out online!



SPOKE is now online at
www.conestogac.on.ca/spoke

Updated every Monday, come visit us
for the latest college, entertainment,
and sports news, as well as games,
puzzles, weather and reference links.